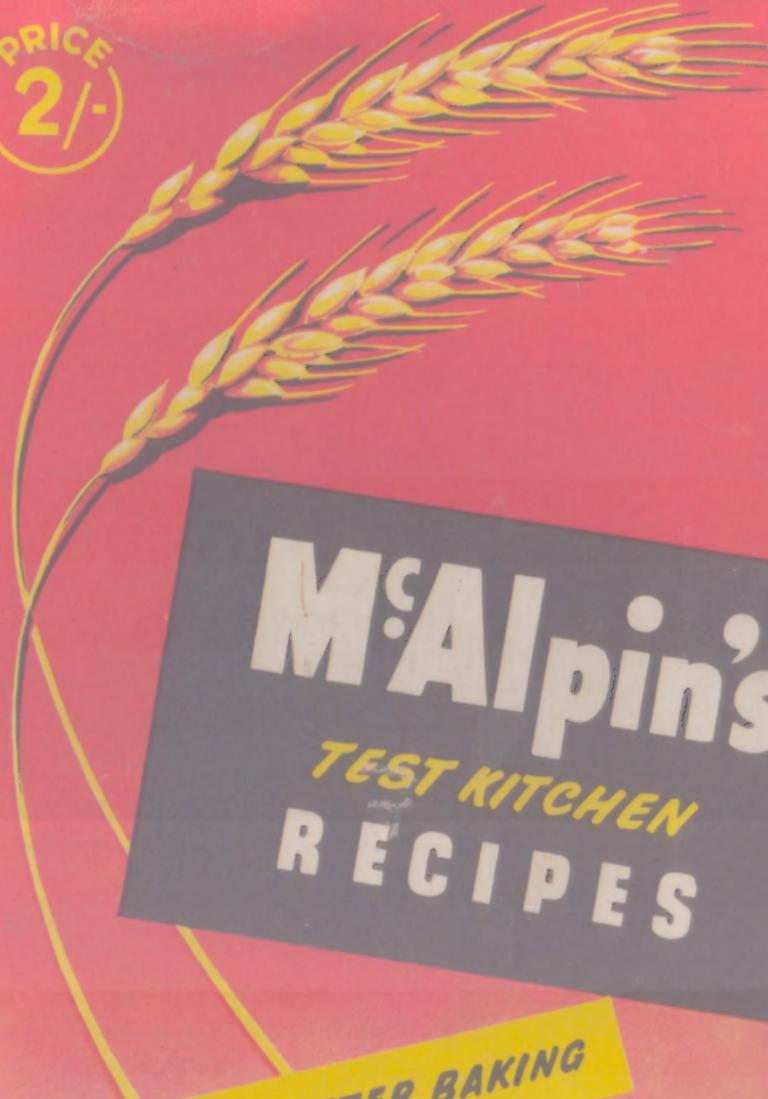


PRICE
2/-



McAlpin's
TEST KITCHEN
RECIPES

A GUIDE TO BETTER BAKING





Dear Friend,
You are invited to
enjoy many hours of pleasant
baking by the use of these recipes.
Sincerely yours, Dorothy M. Gilks

Home Economist — McAlpin Test Kitchen

THIS BOOK —

"A Guide to Better Baking"

— offers
a large selection of recipes to
achieve the variety that always
pleases your family and friends.

Every recipe has been carefully
planned and thoroughly proved
in the McAlpin Test Kitchen and
forms a sound foundation for
successful baking.



A Section of the Test Kitchen

Under the control of a qualified Domestic Science and Home Economics Staff, the McAlpin Test Kitchen plays an important part in the interest of better baking. This Centre established in 1939 has become today a recognized institution for the service it renders to all housewives.

Here each day's production is also tested under normal home baking conditions for the best oven results.

Demonstrations are conducted daily. Visits are arranged by appointment.

Information on Baking is freely made available to all enquiries.

To attend a demonstration or to obtain baking information, write or phone —

The McAlpin Test Kitchen

43 Charles St., Abbotsford, N.9 Phone JB 4521.

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TEMPERATURE CHART

ELECTRIC OVENS

VERY SLOW	250-350°	Meringues, Brandy Snaps, etc.
SLOW or VERY MODERATE	350-400°	Sponge, Rich Fruit Cakes, Ginger Bread, Shortbreads, etc.
MODERATE	400-450°	Biscuits, Patty Cakes, Block Cakes, etc.
HOT	450-500°	Teacakes, Short Pastry, Cream Puffs, etc.
VERY HOT	500-550°	Scones, Puff Pastry, etc.

GAS OVENS

VERY SLOW	275-325°	Meringues, Brandy Snaps, etc.
SLOW or VERY MODERATE	325-375°	Sponge, Rich Fruit Cakes, Ginger Bread, Shortbreads, etc.
MODERATE	375-425°	Biscuits, Patty Cakes, Block Cakes, etc.
HOT	425-450°	Teacakes, Short Pastry, Cream Puffs, etc.
VERY HOT	450-475°	Scones, Puff Pastry, etc.

FUEL OVENS

Follow the temperature chart given for Gas Ovens when baking in a Fuel Oven, or in a Slow Combustion Stove.

Place an oven thermometer on the shelf on which you intend baking the goods to find the temperature of the oven. If a thermometer is not available, place a piece of white paper on the shelf. Look at it in 5 minutes and the color will indicate the approximate heat.

SLOW OR VERY MODERATE	Paper crisp but not colored
MODERATE	Paper very slightly colored
HOT	Paper golden-brown.
VERY HOT	Paper dark brown.

The temperature of the Slow Combustion Oven is regulated by raising or lowering the top covers. When the covers are down the oven is very hot; and the heat is reduced on lifting the covers and leaving them up during the baking; or the heat may be reduced by control switches attached to some Slow Combustion Cookers.

APPROXIMATE MEASURES

CAKE FLOUR (see Page 7)	1 1/4 teacups	4 oz
FLOUR, CORNFLOUR & ICING SUGAR	1 teacup	4 oz
	1 breakfastcup	6 oz
	2 level tablespoons	1 oz
SUGAR	1 teacup	6 oz
	1 breakfastcup	8 oz
	1 tablespoon (slightly rounded)	1 oz
GOLDEN SYRUP, HONEY & BUTTER	1 teacup (bare)	6 oz
	1 breakfastcup	8 oz
	1 level tablespoon	1 oz
CHEESE (GRATED)	2 tablespoons (slightly rounded)	1 oz
SULTANAS, Currants, etc.	1 teacup	4 1/2 oz
	1 breakfastcup	6 oz
	2 level tablespoons	1 oz

LIQUIDS

4 Gills = 1 Pint	1/3 Pint = 10 Fluid oz
2 Gills = 1/2 Pint	1/4 Pint = 5 Fluid oz
1 Gill = 1/4 Pint or 6 Tablespoons	1 Breakfastcup = 10 Fluid oz
1 Pint = 20 Fluid oz.	1 Teacup = 5 Fluid oz.



A Section of the Test Laboratory

The importance of quality control is so essential to food products.

The McAlpin Laboratory under the direction of a qualified chemist is designed and equipped to perform all chemical analysis necessary to maintain the highest standards.

Supplies of all ingredients must conform to definite specifications which are established in the Laboratory.

From initial formulations until the packets leave the modern production lines the whole process is under close laboratory supervision.

COOKERY HINTS

To obtain best results use the flour suggested in the recipe.

Flour should be sifted after weighing, as this gives added lightness to your mixture.

Use the measurement table on page (4) when gathering your ingredients. Accurate measuring is essential for successful results.

Dried or crystallised fruits should be washed and spread on papered tray, and allowed to stand overnight if possible.

When baking a rich Fruit Cake, hollow out the centre slightly. Cover cake with a sheet of thick paper for the first half of the baking. This will help it to rise evenly and prevent cracking on top.

When using the creaming method for mixing a cake batter, see that the eggs are slightly warm before beating them into the creamed fat and sugar. This will prevent separation of the mixture.

A Sponge is delicate and requires careful and accurate baking. It must be removed from the oven immediately it begins to leave the sides of the tin. If over-cooked it will shrink before taking from the oven, if under-cooked it will shrink after it is turned from the tin. If the oven is too slow the cake will be sticky, and if baked too quickly it will rise higher in the centre than the sides.

Choose the correct utensils for your work. Use a wooden spoon for creaming fat and sugar, mixing cake batter containing fat and for stirring sauces. Use a metal spoon for folding ingredients into mixtures which have been beaten, as Sponge Cake, Omelettes, Meringues. Use a spatula for mixing soft doughs, as Scones, Loaves, or for lifting goods on and off trays, and spreading fillings. Use a whisk for frothing liquids, as eggs and gelatine dishes. Use the hand for combining ingredients when very little liquid is required as Pastry, Shortbread, Biscuits, etc.

To Prepare Fat for Greasing Tins. — Melt 2 oz. pure dripping, lard or vegetable fat with 1 level tablespoon McAlpin's Enriched Plain Flour. Store in refrigerator or cool place until required. Melt over hot water and brush on tins.

Preparation of Cake Tins. — For cakes containing a small proportion of fat, grease and line the bottom with paper.

For cakes rich in fat and rich fruit cake mixtures line the sides and bottom with paper.

For sponge cakes grease the sandwich tins with prepared greasing fat. Do not paper the bottom.

Useful Hints on Steamed Puddings.

1. Steamed pudding mixture should $\frac{1}{2}$ - $\frac{3}{4}$ fill basin before cooking.
2. The greased paper must cover over the top of the basin. Press down with the hands.
3. If steaming pudding in a saucepan, place on a saucer in saucepan. See that the boiling water does not come more than 1 inch up the sides of the basin. The lid of the saucepan should fit tightly. Steam pudding gently so that the water does not evaporate and the pudding rises evenly. Too quick steaming causes the top of the pudding to crack badly.
4. If steaming pudding in a steamer on top of saucepan, have plenty of water in the saucepan and steam gently.
5. If steaming pudding in a Pressure Cooker, use the cooker as an ordinary saucepan, keeping the indicator weight off. Cook for two-thirds the time given in the recipe. To reduce the time use a shallow wide basin. There must be plenty of room for the pudding to swell without having it touch the steam vent.

Hints on Successful Scone Making.

1. It is most important to make a soft dough, a stiff dough gives a heavy scone.
2. Dough must be kneaded lightly, but not too much.
3. Place scones on tray in straight rows $\frac{1}{4}$ inch apart.
4. Glaze must thoroughly wet the top of the scone.
5. Oven must be very hot, as scones require to be cooked quickly to ensure lightness.

McAlpin's Aerophos Self-Raising Flour has a slow action until it comes in contact with heat, therefore goods may stand in a cool place for a time before baking.

McAlpin's Cream of Tartar Self-Raising Flour has a quick action, therefore handle mixture lightly and bake soon after it is prepared.

McAlpin's Hi-Ratio Self-Raising Cake Flour contains Cream of Tartar, therefore handle mixture lightly and bake soon after it is prepared. When measuring this flour with a cup, remember that, due to its lightness, $1\frac{1}{4}$ teacups equals 1 teacup of McAlpin's other flours.

McAlpin's "Procera" S.R. Wholemeal is 100% wholemeal. Use the recipes compiled specially for it in this book. The recipe will state when it is necessary to combine Self-Raising Flour or Plain Flour for very light mixtures.

In sieving McAlpin's "Procera" Wholemeal return the husk caught in sieve to the meal. A moist mixing gives a better result.

Cakes should be allowed to cool slightly before turning from tins to prevent breaking them.

Use McAlpin's "Procera" Wholemeal regularly and as fresh as possible to get the best flavour and food value from it.

McAlpin's Enriched Plain Flour. Use this flour for thickening gravies, sauces, etc., and for all goods risen with yeast.

BISCUITS

WHOLEMEAL NUT BISCUITS (As Illustrated)

4 oz. (1 teacup) McALPIN'S "Procer" S.R. Wholemeal	1/2 teaspoon Cinnamon
Pinch of Salt	1/2 cup chopped Almonds, Walnuts or Peanuts
2 oz. Butter	1 dessertspoon Coffee Essence
3 oz. Sugar	1 small Egg

Melt butter, brown slightly. Mix in sugar, cool slightly. Add beaten egg and coffee essence. Mix in wholemeal, salt, cinnamon and chopped nuts. Place on a greased tray in teaspoonfuls allowing space for the biscuit to run out. **Bake in a moderate oven 10 to 15 minutes.** Lift from the tray while hot, and store in an airtight jar when cold.

SHAH BISCUITS

6 oz. (1 1/2 teacups) McALPIN'S S.R. Flour	1/4 teaspoon Bicarbonate of Soda
6 oz. (1 1/2 teacups) McALPIN'S Enriched Plain Flour	2 tablespoons Golden Syrup
1/2 Teaspoon Salt	1 Egg
2 teaspoons ground Ginger	6 oz. Butter
	3 oz. Castor Sugar

Sift flour, soda, salt and ginger. Cream butter, sugar and golden syrup, beat in egg. Mix in sifted ingredients. Cool in refrigerator. Roll out thinly, cut into biscuits, place on greased tray, prick with a fork and **bake in a very moderate oven 10 to 15 minutes.**

SHORTBREAD BISCUITS

4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	1/4 teaspoon Salt
2 oz. Rice Flour	4 oz. Butter
	2 oz. Castor Sugar

Sift flour, salt and rice flour, rub in butter, add sugar. Knead into a smooth dough. Cool in refrigerator, and roll out thinly on a sugared board. Cut into shapes. Place on a greased tray. **Bake in a moderate oven 15 to 20 minutes until slightly colored.**

GINGERNUTS (Economical)

8 oz. (2 1/2 teacups) McALPIN'S S.R. Cake Flour	3 oz. Brown Sugar
1/4 teaspoon Salt	3 oz. Butter, Margarine or Dripping
3/4 level teaspoon Bicarb. Soda	3 tablespoons Golden Syrup
2 level teaspoons Ground Ginger	2 tablespoons Milk
1 level teaspoon Mixed Spice	

Sift flour, ginger, salt and mixed spice. Melt margarine in a saucepan, add the sugar and syrup, stir over low heat until the sugar is dissolved. Cool. Blend the soda in the milk. Add a little of the sifted ingredients to those in saucepan and mix well. Stir in the milk and remaining sifted ingredients, beating the mixture to a firm dough. Roll into balls the size of a large walnut. Place on a greased tray. Make a slight hollow in each ball with the finger. Fill the hollow with chopped nuts. **Bake in a very moderate oven 10 to 15 minutes.**



CHOCOLATE ALMOND FINGERS (As Illustrated)

4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	2 oz. ground Almonds
Pinch of Salt	4 oz. Butter
1 oz. ground Rice	1½ oz. Castor Sugar

Sift flour, salt and ground rice. Cream butter and sugar slightly, then work in sifted ingredients and ground almonds. Roll small pieces of the mixture into finger shapes using a very little flour. Place on oven tray lined with paper. **Bake in a slow oven 25 to 30 minutes.** When cold dip in melted chocolate.

PEANUT BANANA BISCUITS (As Illustrated)

4 oz. (1 teacup) McALPIN'S S.R. Flour	3 oz. Butter or Margarine
2 oz. (½ teacup) McALPIN'S Enriched Plain Flour	2 oz. Castor Sugar
½ teaspoon Salt	1 Banana

1 tablespoon Peanut Butter
1 Egg

Sift flour and salt, rub in butter or margarine, add sugar. Mix into a firm dough with mashed banana, peanut butter and beaten egg. Cool in refrigerator for 1 hour. Roll out thinly on a floured board, cut into shapes. Place on greased tray, prick with a fork. **Bake in a very moderate oven 10 to 15 minutes.**

COCONUT ORANGE DROPS (As Illustrated)

Chocolate Chip Cookie Mixture (page 12).
Omit chocolate chips. Blend in ¼ cup coconut and grated rind of 1 orange. Roll balls of mixture in coconut and place on tray. **Bake in the same way as Chocolate Chip Cookies.**

FRENCH BISCUITS

4 oz. (1½ teacups) McALPIN'S S.R.	Pinch of Salt
Cake Flour	2 Eggs
4 oz. Castor Sugar	1 oz. Mixed Peel

Sift flour and salt. Separate whites and yolks of eggs. Beat whites very stiffly, beat in sugar gradually, then yolks and mixed peel cut very finely. Lastly beat in flour slowly. Drop with a teaspoon on to a greased paper lined tray. Sift castor sugar over the biscuits. **Bake in a very moderate oven until a pale gold colour about 15 minutes.** Turn the paper on table with biscuits down. Brush over with water then peel biscuits off paper. Place on wire to cool and become crisp. If biscuits seem slightly moist, place in oven while it is cooling for a few minutes.

RASPBERRY SHORTBREAD

THE SHORTBREAD:

6 oz. (1½ teacups) McALPIN'S S.R.	2 tablespoons Raspberry Jam
Cake Flour	3 oz. Castor Sugar
Pinch of Salt	2 Egg Whites
3 oz. Castor Sugar	1 Cup Coconut
3 oz. Butter or Margarine	
2 Egg Yolks	
1 tablespoon Water	

THE TOPPING:

3 oz. Castor Sugar	
2 Egg Whites	
1 Cup Coconut	

Sift flour and salt, rub in butter or margarine, add sugar. Mix into a firm dough with egg yolks and water. Roll pastry into a sheet about ¼ inch thick. Place on greased tray. Spread with raspberry jam. Whip egg whites stiffly, fold in castor sugar and coconut. Spread over pastry. **Bake in a moderate oven 20 to 25 minutes.** Cut into slices when nearly cold.

WHOLEMEAL SPICE CRINKLES

6 oz. (1½ teacups) McALPIN'S "Procer" S.R. Wholemeal
¼ teaspoon Salt
¼ teaspoon Bicarbonate of Soda
1 teaspoon Cinnamon
½ teaspoon Mixed Spice

¼ teaspoon grated Nutmeg
2 oz. Butter or Margarine
2 oz. Brown Sugar
1 tablespoon Treacle or Honey
1 Egg

Mix wholemeal, salt, soda, cinnamon, spice and grated nutmeg. Cream butter or margarine with sugar and treacle or honey, beat in egg. Mix in dry ingredients. Cool until firm. Roll into balls. Dip the tops in sugar. Place with sugar sides up on greased tray, allowing space for spreading. Cover cookies with a wet cloth and press lightly. Remove cloth and **bake in a very moderate oven 10 to 15 minutes.**

CHEESE STICKS

4 oz. (1½ teacups) McALPIN'S S.R.	3 oz. Butter or Margarine
Cake Flour	4 oz. grated moist Cheese
¼ teaspoon Salt	

Sift flour and salt. Cream butter or margarine and cheese. Mix in sifted ingredients, working well to make a smooth mixture. Force through a biscuit forcing making rough sticks. If a forcing is not available, the mixture can be cooled, then rolled out and biscuits cut with a knife. **Bake in a very moderate oven 15 to 20 minutes until a golden brown.**



CHEESE BUTTERFLIES (As Illustrated)

1 quantity Cheese Straw Mixture Cream Cheese Filling (Page 63)
(page 44) 3 Gherkins

Prepare cheese straw mixture. Roll out $\frac{1}{4}$ inch thickness. Cut into small round biscuits. Place $\frac{1}{2}$ the biscuits on a greased tray. Cut remaining biscuits across the centre and place on tray. **Bake in a very moderate oven 12 to 15 minutes.** When required, pipe a rose of cream cheese filling on the round biscuits and stick the half biscuits up to form the wings of the butterflies. Decorate with the gherkin cut into sticks to represent feelers.

LEMON WAFERS

8 oz. (2½ teacups) McALPIN'S S.R.	4 oz. Castor Sugar
Cake Flour	Grated rind $\frac{1}{2}$ Lemon
$\frac{1}{4}$ teaspoon Salt	2 level tablespoons Honey
4 oz. Butter or Margarine	1 Egg

Sift flour and salt. Cream butter or margarine, sugar, honey and lemon rind, beat in egg. Mix in sifted ingredients. Roll into balls, place on greased tray allowing space for spreading. **Bake in a very moderate oven 10 to 12 minutes.**

ALMOND SHORTBREAD

1 quantity Shortbread Biscuit Mixture (page 8) 2 ozs. Almonds

Prepare shortbread mixture adding 1 oz. of almonds chopped small. Roll out $\frac{1}{4}$ inch in thickness. Cut into rounds, decorate with almonds. Place on a papered tray and **bake in a very moderate oven 25-30 minutes.**

SHORTBREAD

4 oz. (1 teacup) McALPIN'S S.R. Flour	Pinch of Salt
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	5 oz. Butter 3 oz. Castor Sugar Blanched Almonds

Sift flour and salt. Cream the butter and sugar slightly, add sifted ingredients and work into a dough. Divide into four. Pat each piece into a round $\frac{1}{2}$ inch in thickness. Crimp the edge with the fingers and mark into six equal parts. Prick with a fork. Place an almond on each part. **Bake on an ungreased tray in a moderate oven 25 to 30 minutes.**

CHEESE & CARAWAY SEED BISCUITS

4 oz. (1 teacup) McALPIN'S S.R. Flour	2 oz. Butter
1 teaspoon Salt	2 oz. grated Cheese
$\frac{1}{4}$ teaspoon Cayenne Pepper	Squeeze Lemon Juice
1 dessertspoon Caraway Seeds	1 Egg Yolk 1 dessertspoon Water

Sift flour, salt and cayenne. Rub in butter, add grated cheese and caraway seeds. Mix into a firm dough with egg yolk, water and lemon juice. Roll out thinly. Cut into small biscuits. Place on greased tray. Prick well, brush with white of egg and sprinkle with grated cheese. **Bake in a very moderate oven 10 to 15 minutes.** For Plain Cheese Biscuits omit Caraway Seeds.

WHOLEMEAL HONEY CRUNCHIES

6 oz. (1½ teacups) McALPIN'S "Proceria" S.R. Wholemeal	3 oz. Butter or Margarine
1 teaspoon Cinnamon	2 oz. Castor Sugar
$\frac{1}{4}$ teaspoon Salt	1 tablespoon Honey
$\frac{1}{2}$ teaspoon Mixed Spice	1 Egg Cornflakes

Mix wholemeal, salt, cinnamon and mixed spice. Cream butter or margarine, sugar and honey, beat in egg. Mix in dry ingredients. Cool in refrigerator. Roll mixture on floured board to $\frac{1}{8}$ inch in thickness. Cut into round biscuits with a fluted cutter. Place on greased tray, glaze with egg and milk and sprinkle with cornflakes. **Bake in a very moderate oven 10 to 15 minutes.**

CHOCOLATE CHIP COOKIES

4 oz. (1 teacup) McALPIN'S S.R. Flour	3 oz. Brown Sugar
2 oz. (½ teacup) McALPIN'S Enriched Plain Flour	1 Egg
$\frac{1}{4}$ teaspoon Salt	2 tablespoons Milk
3 oz. Butter or Margarine	$\frac{1}{4}$ teaspoon Vanille Essence 2 oz. coarsely grated Chocolate

Sift flour and salt. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients alternately with milk and essence. Lastly stir in the chocolate chips. Cool. Roll into balls, place on greased tray allowing space for spreading. **Bake in a moderate oven 10-15 minutes.**

MOCHA COOKIES

Chocolate Chip Cookie Mixture (see above). Omit the chocolate and add 1 dessertspoon Coffee Essence and 1 oz. chopped Walnuts.



MIXTURE FOR BISCUIT FORCER

2 oz. (1/2 teacup) McALPIN'S S.R. Flour	4 oz. Butter
6 oz. (1 1/2 teacups) McALPIN'S Enriched Plain Flour	4 oz. Castor Sugar
1/4 teaspoon Salt	1 Egg
	1/2 teaspoon Vanilla Essence

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in essence and sifted ingredients. Pipe while warm through a biscuit forcer on to a greased tray. **Bake in a very moderate oven 15 to 20 minutes.**

WHOLEMEAL HEALTH WAFERS

4 oz. (1 teacup) McALPIN'S "Proceria" S.R. Wholemeal	1/4 teaspoon Salt
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	1 oz. Sugar
1/2 cup Wheat Germ	4 oz. Butter
	1 small Egg

Mix wholemeal, flour, wheat germ, sugar and salt. Rub in butter, mix into a firm dough with egg. Roll out thinly, prick well and cut into oblong biscuits. Place on greased tray. **Bake in very moderate oven 10 to 15 mins.** Suitable for buttering.

SWISS TARTS

4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	4 oz. Butter
Pinch of Salt	1 oz. sifted Icing Sugar
	1 oz. Candied Cherries

Sift flour and salt. Soften butter, add sugar and sifted ingredients, work into a smooth dough. Place mixture in a forcing bag with a fancy tube and pipe it into small paper cases. Decorate the tarts with cherries. **Bake in a very moderate oven 15 to 20 minutes.** Dust with icing sugar while still warm.

CAKES (Small)

CHOCOLATE PATTY CAKES

4 oz. (1 1/4 teacups) McALPIN'S S.R.	2 oz. Butter or Margarine
Cake Flour	1 Egg
4 oz. Castor Sugar	4 tablespoons Milk
1/4 teaspoon Salt	1 oz. grated Chocolate
1 dessertspoon Cocoa	1/2 teaspoon Vanilla Essence

Sift flour, sugar, cocoa and salt, add grated chocolate. Chop or beat in softened butter or margarine. Beat into a smooth batter with 3 tablespoons milk. Add egg, 1 tablespoon milk and vanilla essence, beat with a wooden spoon or electric mixer on medium speed for 2 minutes. Half fill paper patty cases or greased patty tins using a dessertspoon. **Bake in a moderate oven 15 to 20 minutes.** Ice with Chocolate Soft Icing (page 61).

NUTTY WHOLEMEAL SLICES

8 oz. (2 teacups) McALPIN'S "Procer" S.R. Wholemeal	4 tablespoons Milk
1/4 teaspoon Salt	1 tablespoon Honey
1 teaspoon Cinnamon	2 Eggs
4 oz. Butter or Margarine	1 teacup Mixed Fruit
2 oz. Sugar	1 oz. chopped Walnuts

Mix wholemeal, salt and cinnamon. Cream butter or margarine, sugar and honey, beat in eggs gradually. Mix in dry ingredients alternately with milk. Lastly mix in fruit. Place in 8 1/2-inch greased tin lined on bottom with paper. Sprinkle with walnuts, cinnamon and sugar. **Bake in a moderate oven 30 to 35 minutes.**

LIGHT PATTY CAKES

8 oz. (2 teacups) McALPIN'S S.R.	6 oz. Castor Sugar
Flour	3 Eggs
Pinch of Salt	4 tablespoons Milk
3 oz. Butter or Margarine	Lemon or Vanilla Essence

Sift flour and salt. Cream butter or margarine and sugar, beat eggs in gradually. Mix in sifted ingredients alternately with milk and essence. Place in well greased patty tins. **Bake in moderate oven 15 to 20 minutes.** Any flavour may be added to this mixture to vary the little cakes. This makes 2 dozen cakes.

QUEEN CAKES

5 oz. (1 1/4 teacups) McALPIN'S S.R.	2 Eggs
Flour	2 tablespoons Milk
3 oz. Butter	Pinch of Salt
3 oz. Sugar	Lemon or Vanilla Essence

Sift flour and salt. Cream butter and sugar, beat eggs in gradually. Add essence, then add sifted ingredients alternately with milk. Currants (2 oz.) may be added if liked. Place in greased patty tins and **bake in moderately hot oven 12 to 15 minutes.** This makes 1 1/2 to 2 dozen cakes.



SAILING SHIPS (As Illustrated)

3 oz. (1 small teacup) McALPIN'S
S.R. Cake Flour
Pinch of Salt
3 oz. Castor Sugar

2 Eggs
1 dessertspoon Hot Water
1 dessertspoon Butter

Sift flour and salt. Separate whites and yolks of eggs. Beat whites stiffly, then gradually beat in sugar. Add egg yolks and beat until thick. Sift in flour, fold in lightly. Lastly fold in hot water and butter melted. Place in greased boat-shaped tins. **Bake in a moderate oven 8 to 10 minutes.** When cold pipe tops of cakes with cream and stick a chocolate sail in each.

MUSHROOMS (As Illustrated)

1 quantity Sailing Ships Mixture (see above)

Prepare sponge mixture from "Sailing Ships" recipe. Place mixture in greased flat patty tins. **Bake in a moderate oven 6 to 8 minutes.** When cold cover flat side of cakes with Butter Cream (page 63) colored pale pink. Mark with a fork and dust with cocoa. Stick an almond in each cake for the stem.

SPONGE KISSES OR FINGERS

1 quantity Sailing Ships Mixture (see above) Castor Sugar

Prepare sponge mixture, pipe through a plain savoy tube into rounds on a tray lined with kitchen paper, sieve castor sugar over and **bake in a moderate oven 6 to 8 minutes.** Turn paper over on table, brush with cold water and the kisses will peel off. Put together with Lemon Filling (1) (page 63).

For Sponge Fingers pipe the mixture into finger shapes.

Nothing so
they're made
ing needed. Truly
things with Copha.

your shelf—it keeps
indefinitely. And while

You're about it, do try
Copha for steamed
puddings. It makes
them so digestible.

THE SAME VEGETABLE SHORTENING THAT
MAKES SUCH DIGESTIBLE STEAM PUDDINGS

CHOCOLATE CRACKLES

(NO COOKING
NEEDED)

- 5 oz. Rose Tablets (4 cups)
- 2½ oz. Cocoa (3 tablespoons)
- 2½ oz. Fine Custard (1 cup)
- 8 oz. King Sugar, 8 oz. COPHA.

Mix dry ingredients, melt COPHA and pour over them. Thoroughly mix and spoon into paper cups or containers and allow to set. The above quantity makes from 2½ to 3 dozen.

Cut out and
pinch in middle band.

LEMON CHIFFON WITH GINGER SAUCE

One level dessert-spoon gelatin, three eggs, pinch salt, two-thirds cup cold water, one teaspoon grated lemon rind, one tablespoon lemon juice, two egg whites, fresh berries or other fruit to garnish.

GINGER SAUCE:

One whole egg, two egg yolks, one tablespoon sugar, one and a half cups milk, three dessert-spoons chopped candied ginger, half teaspoon vanilla essence.

* PREPARATION TIME: 25 min.

In a saucepan, combine the gelatin, sugar, salt, and half the cold water. Stir over a gentle heat until the gelatin is dissolved.

Reserve from the heat and add remaining water, lemon rind and juice. Chill until partially set.

Beat into a large bowl and add the egg whites. Beat at high speed until the mixture begins to hold its shape. Spoon into a deep mould and chill until set. Unmould and serve with lemon sauce with a fruit garnish.

For the sauce, beat one and one yolks together with the sugar and gradually blend in the milk. Place at the top of a double boiler and cook over simmering water, stirring until it thickens to coat the back of the stirring spoon.

Strain into a bowl immediately. Blend in the ginger and vanilla and cool, serving occasionally. Chill. Serves four.

FAIRY CAKES

4 oz. (1½ teacups) McALPIN'S S.R. Cake Flour	4 oz. Castor Sugar
Pinch of Salt	2 level tablespoons Ground Rice
4 oz. Butter	3 Eggs

Sift flour, salt and ground rice. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients. Place mixture in greased patty tins using a dessertspoon. **Bake in a moderate oven 12 to 15 minutes.** When cold cut a round from the top of each cake, fill with lemon filling, replace round and dust with icing sugar.

WHOLEMEAL GINGER CAKES

4 oz. (1 teacup) McALPIN'S "Procer" S.R. Wholemeal	1 dessertspoon Ground Ginger
Pinch of Salt	1 tablespoon Golden Syrup
2 oz. Butter or Margarine	2 Eggs
2 oz. Brown Sugar	2 tablespoons Milk
1 teaspoon Cinnamon	1 oz. Preserved Ginger

Melt butter or margarine, add golden syrup and sugar. Stir until sugar is dissolved. Cool. Add beaten eggs and milk. Mix wholemeal, salt and spices, add to moist ingredients and mix well. Put out with a dessertspoon into greased patty tins. Place a piece of ginger on each and **bake in a moderate oven 15 to 20 minutes.** The cakes may be baked plain without the ginger, iced with lemon flavoured Soft Icing (page 61) and the ginger placed on top.

BROWNIES

4 oz. (1½ teacups) McALPIN'S S.R. Cake Flour	3 oz. Castor Sugar
½ teaspoon Salt	1 tablespoon Treacle
2 Eggs	1 oz. Butter
	1 oz. chopped Walnuts

Sift flour and salt. Beat eggs slightly, add sugar and treacle and beat until mixture is thick. Sift in flour and salt, fold in lightly with a tablespoon. Lastly fold in the melted butter. Place mixture in 24 greased patty tins. Sprinkle with chopped walnuts and **bake in a moderate oven 10-15 minutes.**

WHOLEMEAL PEANUT CAKES

6 oz. (1½ teacups) McALPIN'S "Procer" S.R. Wholemeal	1 tablespoon Peanut Butter
½ teaspoon Salt	1 Egg
3 oz. Butter or Margarine	5 tablespoons Milk
4 oz. Sugar	½ teaspoon Vanilla Essence

Mix wholemeal and salt. Cream butter or margarine, sugar and peanut butter, beat in egg. Mix in dry ingredients alternately with milk and essence. Place in small greased patty tins. **Bake in moderately hot oven about 15 minutes.** When cool ice the tops with Peanut Icing (page 61). This makes 1½ dozen cakes.



BANANA & PASSION FRUIT CAKES (As Illustrated)

5 oz. (1½ teacups) McALPIN'S S.R.	2 Eggs
Cake Flour	2 small Bananas
Pinch of Salt	2 Passion Fruit
2 oz. Butter or Margarine	1½ tablespoons Milk
4 oz. Castor Sugar	

Sift flour and salt. Cream butter or margarine and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with milk. Lastly stir in one mashed banana and the pulp of one passion fruit. Half fill paper cases or greased patty tins. **Bake in a moderate oven 15 to 20 minutes.** When cold ice with Passion Fruit Icing. Cut a round from the top of each cake and fill with mashed banana and whipped cream. Replace round cut from top.

PASSION FRUIT ICING

Blend 4 oz. sifted icing sugar with pulp of remaining passion fruit, adding water to make a spreading consistency.

ROCK CAKES

8 oz. (2 teacups) McALPIN'S S.R.	½ teaspoon Cinnamon
Flour	¼ teaspoon Nutmeg
¼ teaspoon Salt	1 cup Mixed Fruit
4 oz. Sugar	1 large Egg
4 oz. Butter, Margarine or Dripping	1 to 2 tablespoons Milk

Sift flour, salt and spices. Rub in butter, margarine or dripping, add sugar and fruit. Mix with the hand into a firm dough with beaten egg and milk. Put on greased tray using a dessertspoon. **Bake in a moderately hot oven 15-18 minutes.**

CHERRY & NUT CAKES

6 oz. (1½ teacups) McALPIN'S S.R.	4 oz. Sugar
Flour	3 tablespoons Milk
2 oz. (½ teacup) McALPIN'S	2 Eggs
Enriched Plain Flour	¼ teaspoon Almond Essence
Pinch of Salt	Cochineal
4 oz. Butter	1 oz. chopped Almonds
1 oz. Cherries	

Sift flour and salt. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with milk, essence and cochineal. Lastly mix in the cherries and almonds which should be cut small. Place in greased tins. **Bake in a moderately hot oven 12 to 15 minutes.** When cold ice with Soft Icing (page 61) colored pink and decorate with cherries and almonds. This makes 2 dozen cakes.

WHOLEMEAL KNOBLY BOBS

8 oz. (2 teacups) McALPIN'S	1 Egg
"Proceria" S.R. Wholemeal	2 tablespoons Treacle
¼ teaspoon Salt	2 tablespoons Milk
½ teaspoon Mixed Spice	1 cup Mixed Fruit
3 oz. Butter or Margarine	½ cup chopped Walnuts
3 oz. Brown Sugar	

Mix wholemeal, salt and spice, rub in butter or margarine, add brown sugar, mixed fruits and nuts. Mix into a dough with egg, treacle and milk. Half fill greased patty tins or place on greased tray in dessertspoonfuls. **Bake in a moderate oven 15 to 20 minutes.**

LAMINGTON CAKES

8 oz. (2 teacups) McALPIN'S S.R.	¼ pint (6 tablespoons) Milk
Flour	Lemon or Vanilla Essence
6 oz. Sugar	Pinch of Salt
4 oz. Butter	Coconut
3 Eggs	

Sift flour and salt. Cream butter and sugar, add eggs one at a time, beating well. Mix in sifted ingredients alternately with milk and essence. **Bake in a greased Lamington tin in moderate oven 30 to 35 minutes.** When cold cut into 24 even squares. Dip in Chocolate Soft Icing (page 61), drain on a wire and roll in coconut just before the icing sets.

ORANGE NUT PATTY CAKES

4 oz. (1¼ teacups) McALPIN'S S.R.	1 Egg
Cake Flour	1 dessertspoon Orange Juice
Pinch of Salt	Grated rind ½ Orange
2 oz. Butter or Margarine	1 tablespoon Milk
1 dessertspoon Honey	1 oz. chopped Nuts
2 oz. Castor Sugar	

Sift flour and salt. Cream butter or margarine, honey and sugar, beat in egg. Mix in sifted ingredients alternately with milk and lastly orange juice and rind. Half fill deep greased patty tins with the mixture. **Bake in a moderate oven 10 to 15 minutes.** Spread tops with very little honey and dip in chopped nuts.



BRANDY SNAPS (As Illustrated)

3 oz. (3/4 teacup) McALPIN'S Enriched Plain Flour	3 oz. Golden Syrup
1/4 teaspoon Salt	1 teaspoon Brandy or Vanilla Essence
3 oz. Butter	1 teaspoon Ground Ginger
3 oz. Castor Sugar	1 teaspoon grated Lemon Rind

Sift flour, salt and spice. Melt butter and syrup together, add sugar, grated lemon rind and vanilla or brandy. Mix in sifted ingredients. Drop the mixture in $1/2$ teaspoonfuls on to a greased tray allowing space for the snaps to run out flat. **Bake in a very moderate oven 10 to 15 minutes.** Roll while hot round a greased wooden spoon handle or shape into a cone with the fingers. Store in an air tight container. Fill with whipped cream when required.

WHOLEMEAL FRUITY CAKES

8 oz. (2 teacups) McALPIN'S "Proceria" S.R. Wholemeal	1 Egg
Pinch of Salt	1/4 pint plus 2 tablespoons Milk
3 oz. Butter or Margarine	4 oz. Mixed Fruit
4 oz. Sugar	1/2 teaspoon Cinnamon 1/2 teaspoon Mixed Spice

Mix wholemeal, salt, cinnamon and spice. Cream butter or margarine and sugar, add egg and beat well. Mix in the dry ingredients alternately with milk. Add the fruit and mix in lightly. Place in greased patty tins and put a piece of candied peel on each. Allow to stand for 10 minutes. **Bake in a moderate oven 15 minutes.** This makes 2 dozen cakes.

CAKES (Large)

RAINBOW CAKE

10 oz. (3 teacups) McALPIN'S S.R.	3 Eggs
Cake Flour	1/4 pint plus 1 tablespoon Milk
1/4 teaspoon Salt	Essence Lemon and Vanilla
5 oz. Butter	1 oz. Chocolate
8 oz. Castor Sugar	Cochineal

Sift flour, salt and sugar. Soften butter, chop or beat into sifted ingredients. Add eggs and milk, beat 2 minutes with a wooden spoon or electric mixer on medium speed. Divide mixture into 3 parts.

No. 1. Flavour with essence of lemon. No coloring to be added.

No. 2. Color with cochineal.

No. 3. Color with chocolate (grated and melted), flavour with vanilla.

Place mixtures in 3 separate greased 7 inch tins lined on bottom with paper. **Bake in a moderate oven 25 to 30 minutes.** When cool put together with jam, mock cream or whipped cream, having the brown cake on the bottom and yellow cake on top. Ice with Soft Icing (page 61) colored pale pink and decorate with cherries and angelica.

WHITE COFFEE CAKE

9 oz. (2 1/2 teacups) McALPIN'S S.R.	Few drops Essence Lemon and Vanilla
Cake Flour	
1/2 level teaspoon Salt	3 oz. Butter or Margarine
8 oz. Castor Sugar	2 Eggs
	1/4 pint Milk

Sift flour, salt and sugar. Warm and beat butter or margarine to soften. Sift in dry ingredients. Add 3/4 of the milk, mix and beat 2 minutes. Add eggs and remaining milk, beat 1 minute. Use a wooden spoon to hand beat or use an electric mixer on slow speed. Turn into an 8 inch greased tin lined on the bottom with paper. **Bake in a very moderate oven 45 to 55 minutes.** When cold cover top with Soft Icing (page 61) and sprinkle with chopped and browned almonds.

DIXIE CHOCOLATE CAKE

6 oz. (1 3/4 teacups) McALPIN'S S.R.	2 oz. dark Chocolate
Cake Flour	1/4 teaspoon ground Nutmeg
1/4 teaspoon Salt	1/4 teaspoon Spice
4 oz. Butter or Margarine	1/4 teaspoon Cinnamon
6 oz. Soft Brown Sugar	1/4 pint Milk
2 Eggs	1 tablespoon Mixed Peel

Sift flour, salt and spices. Melt chocolate, and cut mixed peel very small. Cream butter or margarine and sugar, beat in eggs gradually then beat in chocolate. Mix in sifted ingredients alternately with milk. Lastly, stir in mixed peel. Place in a 6 inch greased tin lined on bottom with paper. **Bake in a moderate oven 40 to 45 minutes.** When cold cover the top with Chocolate Soft Icing (page 61) and decorate with nuts.



SIMNEL CAKE (As Illustrated)

2 oz. (1/2 teacup) McALPIN'S S.R. Flour	4 Eggs
7 oz. (1 3/4 teacups) McALPIN'S Enriched Plain Flour	8 oz. Sultanas
1/2 teaspoon Salt	8 oz. Raisins
8 oz. Butter or Margarine	8 oz. Currants
8 oz. pale Brown Sugar	4 oz. Mixed Peel

Sift flour and salt. Cream butter and sugar well, add eggs one at a time, beat well. Add sifted flour and fruit alternately. Place half the mixture in an 8 inch tin that has been well lined with paper. Spread over it half the following almond paste:

ALMOND PASTE

6 oz. Almond Meal	1 small Egg
6 oz. Castor Sugar	

Mix ingredients in a saucepan then stir over heat making a paste. Allow to cool.

Place the remaining cake mixture in the tin. Smooth the top and **bake in a very moderate oven 2 1/4 to 2 1/2 hours**. When cold, brush the top of the cake with white of egg or jam, and cover it with the remaining almond paste. Rough up the edge with a fork and brown under the griller or in a hot oven for a few minutes. Decorate with crystallised fruits.

BUTTER SPONGE

8 oz. (2 teacups) McALPIN'S S.R.	3 eggs
Flour	6 tablespoons Milk
Pinch of Salt	1/4 teaspoon Lemon or Vanilla
4 oz. Butter	Essence
6 oz. Castor Sugar	

Sift flour and salt. Beat butter and sugar to a cream. Beat eggs and add them gradually to the creamed mixture. Mix in the sifted flour alternately with the milk and essence. Turn into two 7 1/2 inch sandwich tins greased and lined on the bottom with paper. **Bake in a moderate oven 20 to 25 minutes.**

RASPBERRY LAYER CAKE

Butter Sponge (see above)	Cochineal
Raspberry Jam	Pink Frosting (page 62)

Prepare butter sponge coloring it pale pink. Split each cake in halves and put together with raspberry jam. Cover sides of cake with pink frosting, sprinkle with coconut. Cover the top with remaining frosting and fluff up with a knife.

WALNUT LAYER CAKE

Butter Sponge (see above)	2 oz. Walnuts
1 dessertspoon Coffee Essence	Coffee Butter Cream (page 63)

Prepare butter sponge flavouring it with coffee essence. Split each cake in halves and put together with coffee butter cream. Spread sides with the butter cream and roll in chopped walnuts. Cover top with remaining cream and decorate with walnut halves.

DOLLY VARDEN CAKE

Butter Sponge (see above)	1/2 cup Currents
1 tablespoon Golden Syrup	1 1/2 teaspoons Cinnamon
1/2 cup chopped Raisins	1 teaspoon Spice

Prepare butter sponge mixture. Grease two 7 1/2 inch sandwich tins and line the bottom with paper. Place half the mixture in one tin. Mix the golden syrup, raisins, currants and spices into the remaining mixture, place in prepared tin. **Bake in a moderate oven 20 to 25 minutes.** When cold join together with jam, placing the light half on top. Ice with Butter Cream (page 63) and decorate with walnuts.

CHOCOLATE CHIFFON CAKE

3 oz. (1 small teacup) McALPIN'S S.R. Cake Flour	2 tablespoons Maize Oil
1/4 teaspoon Salt	3 1/2 tablespoons Water
1 level tablespoon Cocoa	1 teaspoon Coffee Essence
3 oz. Castor Sugar	1/4 teaspoon Vanilla Essence
2 Eggs	Pinch of Cream of Tartar

Sift flour, salt, cocoa and sugar three times. Whip whites of eggs stiffly with cream of tartar. Mix the sifted ingredients into a batter with the water, oil, essences and egg yolks. Fold this batter into the egg whites very lightly. Pour into an ungreased tin. **Bake in a moderate oven 25 to 30 minutes.** Turn over and allow cake to hang in the tin until cold. Loosen cake from sides of tin with a knife. Tap tin sharply to release cake. Ice with Chocolate Butter Icing (page 61).



McALPIN'S SPONGE SANDWICH (As Illustrated)

4½ oz. McALPIN'S S.R. Cake Flour 4½ oz. Castor Sugar
Pinch of Salt 3 or 4 Eggs

1 or 2 tablespoons Hot Milk

Sift flour and salt. Separate whites and yolks of eggs. Place whites in a warm dry basin with a pinch of salt. Beat until very stiff but still shiny, then beat yolks in lightly. Add sugar slowly and beat until mixture is quite thick. Sift flour on to mixture and fold lightly through with a knife or tablespoon. Fold in 1 tablespoon hot milk for 4 eggs or 2 tablespoons of hot milk for 3 eggs. Place in two $7\frac{1}{2}$ -8 inch greased sandwich tins. **Bake in a very moderate oven 15-18 minutes.** When cooked turn on to cake wire covered with a cloth.

GINGERBREAD

4 oz. (1 teacup) McALPIN'S S.R.
Flour
2 oz. ($\frac{1}{2}$ teacup) McALPIN'S
Enriched Plain Flour
 $\frac{1}{4}$ teaspoon Salt
2 oz. Arrowroot or Cornflour
4 oz. Brown Sugar
4 oz. Butter or Margarine
2 Eggs

2 tablespoons Golden Syrup
1 level dessertspoon Ground Ginger
1 level teaspoon Cinnamon
1 level teaspoon Mixed Spice
 $\frac{1}{2}$ level teaspoon Bicarbonate of Soda
Juice of $\frac{1}{4}$ Lemon
2 tablespoons Milk

Sift flour, salt and spices. Melt butter or margarine, sugar and golden syrup, cool, stir in arrowroot or cornflour and lemon juice. Beat in one egg and two tablespoons sifted ingredients; repeat with the second egg. Mix in the remainder of the sifted ingredients. Dissolve soda in milk, mix it in lightly and quickly. Turn mixture into a shallow greased tin lined on bottom with paper. **Bake in a very moderate oven for $\frac{3}{4}$ to 1 hour.**

PLAIN CAKE

6 oz. (1 3/4 teacups) McALPIN'S S.R. Cake Flour	3 oz. Butter or Margarine
1/4 teaspoon Salt	2 Eggs
5 oz. Castor Sugar	4 tablespoons Milk Flavouring as required

Sift flour, salt and sugar. Soften butter or margarine, chop or beat into sifted ingredients. Add eggs, milk and flavouring, beat 2 minutes with a wooden spoon or electric mixer on medium speed. Turn into a 7 inch cake tin greased and lined on bottom with paper. **Bake in a very moderate oven 45 to 50 minutes.**

CHOCOLATE CHIP CAKE

Plain Cake Mixture (see above).

Add 1 oz. grated chocolate and 1/2 teaspoon vanilla essence. Ice with Chocolate Butter Icing (page 61) and decorate with nuts.

PASSION FRUIT CAKE

Plain Cake Mixture (see above).

Add the pulp of 2 passion fruit. When cold ice with Soft Icing (page 61) flavour with passion fruit.

SEED CAKE

Plain Cake Mixture (see above). Stir in 1 dessertspoon Caraway Seeds.

SPICE CAKE

Plain Cake Mixture (see above).

Add 1 teaspoon Cinnamon and 1 teaspoon Mixed Spice with the flour. Bake in the same way as Plain Cake. When cold ice with Butter Cream (page 63), sprinkle with cinnamon and toasted chopped almonds.

ORANGE CAKE

Plain Cake Mixture (see above).

Replace 1 dessertspoon of milk with orange juice and add the grated rind of half an orange. Bake in same way as Plain Cake. Cover with Orange Frosting (page 62) while cake is still warm.

CHOCOLATE CAKE

Plain Cake Mixture (see above).

Blend 1 tablespoon of cocoa with boiling water making a paste. Add to the mixture with 1/2 teaspoon vanilla essence and beat until well blended. Bake in same way as Plain Cake. When cold ice with Chocolate Butter Icing (page 61). Decorate with walnuts or almonds.

WHOLEMEAL FRUIT COFFEE CAKE

4 oz. (1 teacup) McALPIN'S "Proceria" S.R. Wholemeal	1 cup Mixed Fruit
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	4 oz. Butter or Margarine
1/4 teaspoon Salt	4 oz. Sugar
1 dessertspoon Cocoa	2 Eggs

Mix wholemeal, flour, salt and cocoa. Cream butter or margarine and sugar, beat in eggs. Mix in dry ingredients alternately with milk and coffee essence. Lastly mix in fruit. Place in a greased ring cake tin. **Bake in very moderate oven 35-45 mins.**



CINNAMON SCROLL CAKE (As Illustrated)

8 oz. (2½ teacups) McALPIN'S S.R.	2 Eggs
Cake Flour	¼ pint (6 tablespoons) Milk
¼ teaspoon Salt	1 dessertspoon Coffee Essence
7 oz. Castor Sugar	1 dessertspoon Cinnamon
4 oz. Butter or Margarine	Few drops Cochineal

Sift flour, salt and sugar. Soften butter or margarine by warming it and beating slightly. Sift in dry ingredients. Add ¾ of the milk, mix and beat 1 minute. Add eggs (unbeaten) and remaining milk, beat 1 minute using a wooden spoon or electric mixer on slow speed. Pour ¼ of the mixture into a separate basin and color this pink with cochineal. Stir the cinnamon and coffee essence into the remaining mixture and place in a greased 7 inch square tin lined on the bottom with paper. Place the pink mixture on top and swirl round with a knife. **Bake in a moderate oven 40 to 45 minutes.** Turn out and when almost cool cover with Pink Frosting (page 62).

BIRTHDAY CAKE

4 oz. (1 teacup) McALPIN'S S.R.	3 Eggs
Flour	4 oz Sultanas
4 oz. (1 teacup) McALPIN'S	4 oz. Raisins
Enriched Plain Flour	1 oz. Mixed Peel
¼ teaspoon Salt	1 oz. Blanched Almonds
6 oz. Butter or Margarine	Grated rind and juice of ½ Lemon
6 oz. Castor Sugar	

Sift flour and salt. Cream butter, sugar, lemon juice and rind, beat in eggs one at a time. Mix in sifted ingredients alternately with fruit and almonds. Place in a greased tin lined on bottom with paper. **Bake in a moderate oven 1 to 1¼ hours.** Cover cake with Almond Paste (page 61) and allow to harden for a day or two. Pour over Fondant Icing (page 61) or cover and decorate with Snow Icing (uncooked) (page 62).

CHRISTMAS CAKE

5 oz. (1 1/4 teacups) McALPIN'S S.R. Flour	2 oz. Crystallised Cherries
10 oz. (2 1/2 teacups) McALPIN'S Enriched Plain Flour	6 oz. Seeded Raisins
1/4 teaspoon of Salt	4 oz. Blanched Almonds
12 oz. Butter	1 lb. Sultanas
12 oz. Castor Sugar	1 lb. Currants
6 Eggs	2 oz. Mixed Peel
4 tablespoons Brandy, Sherry, Lemon or Orange Juice	A few drops each of Vanilla, Lemon and Almond Essences

Sift flour and salt. Cream butter and sugar and add eggs one at a time, beating each in well. Add half the sifted ingredients and half the fruit, mix in well, then add remainder of sifted ingredients and fruit. Lastly add liquid and essences. Place mixture in tin that has been well lined with paper. **Bake in very moderate oven 3 1/2 to 4 hours.** Will make 1 large (9 1/2 inch) or 2 small cakes.

If a dark cake is preferred, use light brown sugar in place of castor sugar, and add 1 teaspoon cinnamon, 1 teaspoon mixed spice, and 1/2 teaspoon nutmeg. Color with a little caramel or parisian essence. Almond Paste (page 61). Snow Icing (page 62).

WHOLEMEAL DATE CAKE

6 oz. (1 1/2 teacups) McALPIN'S "Proceria" S.R. Wholemeal "Proceria" S.R. Wholemeal	6 oz. Brown Sugar
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	2 Eggs
Pinch of Salt	6 oz. Dates
2 tablespoons Cocoa	1/4 pint (6 tablespoons) Hot Water
4 oz. Butter or Margarine	1/2 level teaspoon Bicarbonate of Soda

Mix wholemeal, flour, salt and cocoa. Cut up dates, pour the hot water over them, add soda and stand in a warm place until the dates soften sufficiently to mash up with a fork. Cream butter or margarine and sugar, beat in eggs gradually. Mix in dry ingredients alternately with date mixture. Turn into a greased 8 inch tin lined on the bottom with paper. **Bake in a moderate oven 1 hour.**

TWO-EGG SPONGE

3 oz. (1 small teacup) McALPIN'S S.R. Cake Flour	Pinch of Salt
2 Eggs	3 oz. Castor Sugar 1 tablespoon Milk

Separate whites and yolks of eggs. Add pinch of salt to whites and beat until very stiff. Beat yolks in well. Add sugar and beat until the sugar is dissolved and the mixture quite thick. Sift flour once, then sift on to egg and sugar mixture. Fold flour lightly into mixture with a knife or tablespoon. Boil milk and fold it in lightly. Divide the mixture into two well greased 6 1/2 or 7 inch sandwich tins and **bake in a very moderate oven about 15 minutes.** Fill with whipped cream or Lemon Filling (page 63).

SWISS ROLL

1 quantity Two-Egg Sponge (see above) 3 tablespoons Raspberry Jam

Prepare the sponge mixture. Pour into 13 x 9 inch greased Swiss Roll tray lined on the bottom with greased paper and **bake in a moderately hot oven 8 to 10 minutes.** When cooked turn quickly on to a cloth. Remove the paper and any crisp edges. Spread with jam and roll up. Dust with castor sugar and wrap a piece of paper round it. Cool on a cake wire.



McALPIN'S
Enriched Plain Flour
McALPIN'S S.R.
Castor Sugar
Butter or Margarine
Eggs
Salt
Almond Meal
Essence
Cochineal
Milk

ROSE CAKE (As Illustrated)

8 oz. (2½ teacups) McALPIN'S S.R.	2 oz. Almond Meal
Cake Flour	Few drops Almond Essence
Pinch of Salt	Few drops Rose Essence
4 oz. Butter or Margarine	Cochineal
7 oz. Castor Sugar	3½ tablespoons Milk
3 Eggs	

Sift flour and salt. Cream butter or margarine and sugar, beat in eggs gradually. Mix in sifted ingredients alternately with milk and essence. Lastly stir in almond meal and cochineal to make a pale pink mixture. Turn into an 8 inch round tin greased and lined on bottom with paper. **Bake in a very moderate oven 40 to 45 minutes.** Ice with pale colored Soft Icing (page 61) and decorate with nuts or marzipan roses.

CHERRY & NUT CAKE

7 oz. (1¾ teacups) McALPIN'S Enriched Plain Flour	8 oz. Glace Cherries (washed, dried and chopped)
3 oz. (¾ teacup) McALPIN'S S.R. Flour	2 oz. Mixed Peel
¼ teaspoon Salt	2 oz. Shredded Almonds
8 oz. Butter	½ teaspoon Vanilla and Lemon Essence mixed
8 oz. Castor Sugar	1 tablespoon Brandy or Sherry
4 Eggs	

Sift flour and salt. Cream butter and sugar, beat in eggs one at a time. Mix in sifted flour alternately with fruit and nuts. Lastly mix in the essence, brandy or sherry. Place mixture in a 7½ inch tin lined on bottom and sides with paper. **Bake in a moderate oven 2 to 2½ hours.** Ice the top with Soft Icing (page 61) and decorate with cherries and almonds.

FRUIT CAKE

4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	4 oz. Butter
2 oz. ($\frac{1}{2}$ teacup) McALPIN'S S.R. Flour	2 oz. Brown Sugar
Pinch of Salt	2 Eggs
$\frac{1}{2}$ teaspoon Nutmeg	12 oz. Fruit (Sultanas, Cherries, Nuts, Dates, Mixed Peel, Raisins)
$\frac{1}{2}$ teaspoon Cinnamon	1 dessertspoon Sherry, Brandy or Lemon Juice
$\frac{1}{2}$ teaspoon Mixed Spice	
2 tablespoons Treacle	

Sift flour, salt and spices. Cream butter, sugar and treacle. Beat in eggs gradually. Mix in sifted ingredients blended with fruit (cut small). Lastly mix in lemon juice or brandy. Turn into a 6 inch round tin lined on bottom and sides with paper. Hollow mixture from centre slightly. Cover with a thick piece of brown paper and **bake in a moderate oven 1 $\frac{3}{4}$ hours**, removing the paper cover after the first hour of the baking.

If you wish cake to be darker, mix a very little parisian essence with the mixture, as a cake as small as this cannot remain in the oven long enough to darken the mixture.

WHOLEMEAL MOCHA CAKE

6 oz. (1 $\frac{1}{2}$ teacups) McALPIN'S "Proceria" S.R. Wholemeal	2 Eggs
Pinch of Salt	4 tablespoons Milk
3 oz. Butter	1 dessertspoon Coffee Essence
4 oz. Castor Sugar	2 oz. Walnuts

Mix wholemeal and salt. Cream butter and sugar, beat in eggs gradually. Mix in dry ingredients alternately with milk and coffee essence. Place in two greased 6 $\frac{1}{2}$ inch sandwich tins lined on bottom with paper. **Bake in a moderate oven 20 to 25 minutes**. When cold fill and ice the top and sides with Coffee Butter Cream (page 63). Roll the sides in chopped walnuts and decorate the top with pieces of walnut.

MANDARIN CHIFFON CAKE

4 oz. (1 $\frac{1}{4}$ teacups) McALPIN'S S.R. Cake Flour	3 Egg Whites
Pinch of Salt	2 $\frac{1}{2}$ tablespoons Water
4 oz. Castor Sugar	1 tablespoon Mandarin Juice
2 Egg Yolks	Grated rind 1 Mandarin
2 tablespoons Maize Oil	$\frac{1}{4}$ teaspoon Cream of Tartar

Sift flour, salt and sugar three times. Place egg yolks, oil, water, grated rind and juice of mandarin in a cup. Pour contents of cup into sifted ingredients and beat with a wooden spoon into a batter. Whip egg whites slightly, add cream of tartar, continue beating until stiff but still shiny. Pour batter over egg whites and fold in lightly with a knife or rubber scraper. Turn into an ungreased 7 inch tin. **Bake at once in a very moderate oven 35 to 40 minutes**. Turn over and allow cake to hang in tin until cold. Loosen cake from sides of tin with a knife. Tap sharply to release cake. Ice with Soft Icing (page 61) flavoured with mandarin juice.

PASSION FRUIT CHIFFON CAKE

Follow recipe for Mandarin Chiffon (see above) except omit mandarin rind and juice and add the pulp of 2 passion fruit. Ice with Soft Icing (page 61) flavoured with passion fruit.



WHOLEMEAL DATE & GINGER LOG (As Illustrated)

3 oz. (3/4 teacup) McALPIN'S "Procer" S.R. Wholemeal	3 oz. Butter or Margarine
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	4 oz. Dates
1/4 teaspoon Salt	1 oz. Preserved Ginger
3 oz. Castor Sugar	1 Egg
	1 dessertspoon Marmalade
	1/4 pint Milk

Mix wholemeal, flour, salt and sugar. Soften butter and chop or beat into the dry ingredients, add dates and ginger cut small. Stir in the milk, add the egg and marmalade and beat well for 2 minutes. Turn into a greased log cake tin lined on bottom with paper. **Bake in a moderate oven 35 to 40 minutes.** Ice with Butter Cream (page 63) and decorate with dates and ginger.

PAVLOVA

1 rounded dessertspoon McALPIN'S S.R. Cake Flour	8 oz. Castor Sugar
4 Egg Whites	1 dessertspoon Vinegar 1/2 teaspoon Vanilla Essence

Whip egg whites stiffly. Pour in sugar gradually and beat until very stiff. Add flour, beat in well. Lastly beat in vinegar and essence. Place in a large buttered plate or pyrex dish having the edges higher than the centre. **Bake in a cool oven for 1 to 1 1/4 hours.** When cold fill centre with cream and berry or other fruits. Serve in plate in which it is cooked.

ORANGE CHIFFON CAKE

Follow recipe for Mandarin Chiffon (page 28) except omit mandarin rind and juice and add the grated rind of 1/2 an orange and 1 tablespoon of Orange Juice. Ice with Orange Frosting (page 62).

PASTRY

SHORT PIE CRUST

4 oz. (1 teacup) McALPIN'S S.R. Flour	Pinch of Salt
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	5 oz. Butter, Margarine or Dripping 4 tablespoons Water

Sift flour and salt, rub in butter, margarine or dripping. Mix into firm dough with water. Turn on board, knead slightly until smooth. Roll out and use for meat pasties or for the crust on fruit pies, except apple pie which requires Rough Puff Pastry
Bake in a moderately hot oven.

SWEET SHORT PASTRY

4 oz. (1 teacup) McALPIN'S S.R. Flour	4 oz. Butter or Margarine
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	1 Egg Yolk
Pinch of Salt	3 tablespoons Water 2 tablespoons Castor Sugar

Sift flour and salt, rub in butter or margarine, add sugar. Mix to a firm dough with yolk of egg and water. Roll into shape required. **Bake in a moderately hot oven.**

ROUGH PUFF PASTRY

4 oz. (1 teacup) McALPIN'S S.R. Flour	Pinch of Salt
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	5 to 6 oz. Butter or Margarine 6 tablespoons Water Squeeze of Lemon Juice

Sift flour and salt. Add butter to sifted ingredients in pieces the size of a walnut. Mix into a dough with water and lemon juice. Roll on floured board into a square, fold in four. Roll into an oblong, fold in three. Roll into a square, fold in four. Allow to stand until pastry is firm before rolling into the required shape. **Bake in a hot oven.** Use this pastry to cover meat pies, apple pie and small patties.

WHOLEMEAL SHORT PASTRY

4 oz. (1 teacup) McALPIN'S "Procer" S.R. Wholemeal	Pinch of Salt
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	4 oz. Margarine or Dripping 3 tablespoons Water

Mix flour, wholemeal and salt. Rub in margarine or dripping. Mix into a firm dough with water. Turn on board and roll out. Use for meat pasties or for the crust on fruit pies, except apple pie. **Bake in a moderately hot oven.**

CHOUX PASTRY

2 oz. (1/2 teacup) McALPIN'S S.R. Flour	4 tablespoons Water
1 oz. Butter	2 small Eggs

Put water and butter into saucepan, and bring to the boil. Remove from heat, add sifted flour and stir until smooth, using a wooden spoon. Return to stove, cook until mixture leaves sides of the pan (about 1/4 minute). Allow to cool slightly, then beat in eggs a little at a time until the mixture will just hold its shape. Use for Cream, Banana, and Savoury Puffs.



APPLE FLEUR (As Illustrated)

Prepared Pastry Case (page 32) $\frac{1}{2}$ pint Whipped Cream
2 cups Stewed Apple flavoured with 1 oz. Butter
Lemon Rind and few Cloves

Rub stewed apple through a sieve to make a puree, add melted butter to it.

Fill pastry case with apple puree. Cover with a thin layer of half-whipped cream. Color remaining cream pale pink and finish whipping. Decorate tart with the pink cream piped through star tube and bag.

CREAM PUFFS

1 quantity Choux Pastry $\frac{1}{4}$ pint Cream, whipped and
(page 30) flavoured

Place dessertspoonfuls of mixture on a greased tray. **Bake in a moderately hot oven for 10 minutes**, reduce heat and continue baking until dry and crisp, 30 to 35 minutes. Split as soon as the puffs are cooked in order to allow steam to escape. When cold fill with prepared cream and dust with icing sugar.

BANANA OR FRUIT PUFFS

Follow Cream Puff Recipe (see above). After putting mixture on tray, brush tops of puffs with a little egg to produce a smooth surface. Bake as for Cream Puff shells. When cold, fill with whipped cream, blended with sliced banana or strawberries, blackberries, etc. Pour a thin soft icing over puffs and decorate with a piece of fruit rolled in castor sugar.

• COOKING TIME:
10 minutes.

• OVEN TEMPURA-
TIME: 25 minutes.

Wash and dry the chicken. Put the salt, sugar, salt, pepper and cinnamon and cayenne and cook for minutes. Add the remaining ingredients and mix thoroughly.

Place near or in

sunlight at the bottom of the yard and the remainder will be prepared. This will go on a rack in a shallow pan. Brush with oil. Cook at 300 degrees for about two-and-a-half hours, basting occasionally with the drippings.

Remove the chicken and keep hot. Mix one of the following two with bread to the flour. Fry the oil. Cook, stirring for the required time. Add a cup of chicken stock and cook with bacon, onions, and carrots.

Drain the pineapple rings and the bacon in a large pan and sauté, sprinkling with sugar and ginger. When lightly browned, turn over each side.

CREME COLD

POULET CHICKEN

Four lb. chicken, one
tablespoon oil, parsley to
taste, quarter cup
white wine, one teaspoon
salt, freshly ground pepper.

POMEGRANATE STUFF-
ING

One-third cup butter,
half lb. sliced onions,
quarter cup
minced onion, one-table-
spoon chopped parsley,
half tablespoon finely
chopped salt and pepper,
half tablespoon dried
herbs, three cups dry
old bread cubes.

PINEAPPLE GARNISH

Six pineapple rings,
one tablespoon butter,
two tablespoons brown
sugar, good pinch
ground ginger.

• PREPARATION
TIME: 25 minutes.

CONTINENTAL ROLL

8 oz. (2 teacups) McALPIN'S S.R.	3 oz. Castor Sugar
Flour	1 Egg
Pinch of Salt	1 tablespoon Milk
3 oz. Butter	1/2 teaspoon Vanilla Essence

Sift flour and salt, rub in butter, add sugar. Mix into a dough with egg, milk and vanilla essence. Turn on floured board, knead slightly, roll into an oblong $\frac{1}{4}$ inch in thickness. Spread with one of the following Mixtures. Roll up. Place in a greased oblong tin, press firmly down. Sprinkle with cinnamon and sugar when using the Almond Mixture, and coconut and sugar when using Coconut Mixture. **Bake in moderate oven 40-45 mins.**

ALMOND MIXTURE:

3 oz. Ground Almonds	1 teaspoon Mixed Spice
3 oz. Castor Sugar	1 Egg
1 oz. Ground Rice	1/2 teaspoon Almond Essence
1 teaspoon Cinnamon	1 dessertspoon Golden Syrup

Blend all ingredients well together.

COCONUT MIXTURE:

4 tablespoons Coconut	1/2 cup Raisins
2 tablespoons Castor Sugar	2 tablespoons Apricot or Raspberry Jam
1/2 cup Cake Crumbs	

Blend all ingredients well together.

SPICE SHORT PASTRY

2 oz. (1/2 teacup) McALPIN'S S.R.	1 oz. Castor Sugar
Flour	1/2 teaspoon Cinnamon
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	2 Egg Yolks
1/4 teaspoon Salt	Grated rind 1/2 Lemon
3 oz. Butter or Margarine	1 dessertspoon Lemon Juice

Sift flour, salt and cinnamon, add grated lemon rind, rub in butter or margarine, add sugar. Mix into a firm dough with egg yolks and lemon juice. Roll out and use to make pastry cases for fruit fillings, small sweet tarts, custard tarts, etc. **Bake in a moderate oven.**

Omit the cinnamon for Plain Sweet Short Pastry.

HONEY NUT PASTRY ROLLS

1 quantity Spice Short Pastry (see above)	2 oz. Raisins
2 tablespoons Honey	2 oz. Sultanas
1 oz. chopped Walnuts or Almonds	1/2 teaspoon Mixed Spice
1 oz. Mixed Peel	

Roll pastry into a thin oblong, spread with honey, sprinkle with the nuts, peel, fruit and spice. Roll up, cut into $1\frac{1}{2}$ inch pieces. Place on a greased tray, glaze with egg or milk and **bake in a moderately hot oven 15 to 20 minutes.**

TO PREPARE AN UNFILLED PASTRY CASE

Line a tart plate or sandwich tin with any short pastry. Prick well and cover with a piece of paper. Load with bread crusts. **Bake in a moderately hot oven 20 to 25 minutes**, removing the paper and crusts after the first 10 minutes of the baking. When cold fill with the required sweet or savoury filling.



LEMON SHORTCAKE (As Illustrated)

4 oz. (1 teacup) McALPIN'S S.R. Flour	4 oz. Butter
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	4 oz. Castor Sugar
Pinch of Salt	1 Egg

Lemon Filling No. 1 (page 63)
1 oz. blanched Almonds

Sift flour and salt. Cream butter and sugar slightly, add egg and beat well, add sifted ingredients and mix into a dough. Divide into two. Roll each piece into a round to fit a 7½ inch sandwich tin. Grease the tin, place one round in and press well to sides of tin. Spread with lemon filling, leaving a margin of ¼ inch around the shortbread. Place the second round on top and press well to the sides. Split the almonds and place them in a circle on top. **Bake in a moderate oven 30 to 35 minutes.**

FRUIT MERINGUE FLAN

THE PASTRY: 1 quantity Spice Short Pastry (page 32).

THE FILLING:

½ lb. Prunes	2 oz. Sugar
2 oz. Mixed Fruit	4 oz. Cake Crumbs
1 oz. Almonds	2 tablespoons Cream
1 oz. Mixed Peel	½ teaspoon Cinnamon

Stew prunes with sugar and 1 cup of water. Remove stones, mix in mixed fruit, nuts, spice, cake crumbs and cream.

Line a pie plate with the pastry. Fill with the fruit filling and **bake in a moderate oven 25 to 30 minutes.** Whip 2 egg whites stiffly, fold in 2 tablespoons castor sugar, spread roughly over filling in tart. Return to oven and cook slowly until meringue is set and slightly colored.

Swiss Choc Cake (Pkt.)
Orange Cake (Pkt.)
Branishes
Sultana Scones

Walnut Meringue
Spice Cake
Tea Cake?
Coffee Buns?

Ginger Bld. Pkt.
Spice Cake
Apple Cake
Jam - Oatmeal Cookies

• ASIAN RICE

One cup rice, one tablespoon butter, one teaspoon salt, freshly ground pepper, two eggs, chicken stock (or water and two stock cubes.)

• PREPARATION TIME: 10 minutes.

■ COOKING TIME: 30 minutes.

Cook the rice in the butter until it turns golden. Add the salt, pepper and stock and bring to the boil, stirring occasionally.

Reduce the heat to simmering, cover and cook for 15 to 20 minutes or until the rice is tender and the liquid absorbed (add more stock if necessary). Turn off the heat and stand a minute or two before serving.

CUSTARD TART PASTRY:

Three oz. butter, three oz. sugar, half-teaspoon vanilla essence, one egg yolk, one dessertspoon water, six oz. plain flour, pinch salt, one level teaspoon baking powder.

FILLING:

Two eggs, two tablespoons sugar, one and a quarter cups milk, half teaspoon vanilla essence, nutmeg or cinnamon for topping.

• PREPARATION TIME: 25 minutes.

• COOKING TIME: 30 minutes.

• OVEN TEMPERATURE: 425 deg. 325 deg.

For the pastry, beat the butter and sugar to a cream, add the vanilla, egg yolk and water and beat well. Sift the flour, salt and baking powder and blend into the mixture. Knead lightly, wrap and chill.

Roll the pastry and use to line an eight-inch tart plate. Trim the edges and brush the pastry lightly with egg white.

For the filling, beat the eggs and sugar together. Add the milk and vanilla and beat well. Pour carefully into the pastry case and sprinkle with a little nutmeg or cinnamon.

Bake at 425 degrees for 10 minutes, reduce the heat to 325 degrees and bake a further 20 minutes or until the custard is set. Cool and chill lightly. Serve with cream and fruit if liked.

MINCE PIES

THE PASTRY: 1 quantity Rough Puff Pastry (see page 30)

THE FILLING:

$\frac{1}{2}$ lb. Mixed Fruit	Grated rind and Juice of $\frac{1}{2}$ Lemon
$\frac{1}{2}$ teaspoon of Cinnamon	1 Apple
$\frac{1}{2}$ teaspoon Mixed Spice	1 dessertspoon Butter (melted)
	3 tablespoons Sugar
	1 tablespoon Brandy (optional)

Grate apple and cut fruit into small pieces. Mix all ingredients well together. Store in jar until required. Roll pastry thinly and line round patty tins with it. Fill with the sweet mincemeat, cover with pastry. Glaze with beaten egg or water and sugar. **Bake in a moderately hot oven 25 to 30 minutes.**

SHORTBREAD PASTRY

4 oz. (1 teacup) McALPIN'S S.R. Flour	Pinch of Salt
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	3 oz. Sugar

3 oz. Butter or Margarine
1 Egg

Sift flour and salt. Cream butter or margarine and sugar, beat in egg. Lastly, mix in sifted ingredients to make a firm dough. **Bake in a moderate oven.** Use this pastry when you require a sweet short crust. Goods prepared from this pastry can be stored for a considerable time. They should be reheated in the oven before using.

MAIDS OF HONOUR

1 quantity Shortbread Pastry (see above)	1 large Egg
2 tablespoons McALPIN'S S.R. Flour	4 tablespoons Milk
2 oz. Ground Almonds or Coconut	1 dessertspoon Honey
3 oz. Castor Sugar	$\frac{1}{4}$ teaspoon Vanilla and Almond Essences
2 oz. Ground Rice	Raspberry Jam

Roll pastry out $\frac{1}{4}$ inch in thickness and line greased patty tins with it. Put a little jam in each patty. Blend the ground almonds, sugar, ground rice and flour. Beat egg, add milk, honey and essences to it. Mix the dry ingredients into a soft mixture with the egg and milk. Fill the pastry patties with this mixture. Place a strip of pastry on each and **bake in a moderate oven 15 to 20 minutes.**

PEANUT SLICES

1 quantity Sweet Short Pastry (page 30)	2 Egg Whites
2 tablespoons Raspberry Jam	4 oz. Icing Sugar
1 cup Peanuts	$\frac{1}{2}$ teaspoon Cinnamon 1 cup Coconut

Line a shallow greased oblong tin with the pastry. Spread with raspberry jam. Beat egg whites stiffly, stir in icing sugar, coconut and cinnamon. Cover jam with this mixture, sprinkle with peanuts. **Bake in a moderate oven 25 to 30 minutes.** Cut into slices when almost cold.



MARSHMALLOW BARS (As Illustrated)

1 quantity Wholemeal Short Pastry 4 tablespoons Apricot Jam
(page 30)

Prepare pastry and line an oblong tin (7 x 11 inches). Place the apricot jam in the pastry case and **bake in a moderately hot oven 20 to 25 minutes**. When cold turn from tin and fill with marshmallow. Sprinkle with toasted coconut and cut into slices.

THE MARSHMALLOW:

6 tablespoons Water	1/4 teaspoon Salt
3 tablespoons Lemon or Orange Juice	4 oz. Sugar
	1 1/2 level dessertspoons Gelatine

Stir ingredients slowly to the boil in a saucepan, simmer 5 minutes. Cool until mixture shows signs of thickening, then beat until fluffy. Spread immediately.

WHOLEMEAL BUTTERSCOTCH TART

1 quantity Wholemeal Short Pastry (page 30)

Prepare and bake the pastry into a case (page 32).

THE FILLING:

1 oz. McALPIN'S Enriched Plain Flour	1/4 teaspoon Salt
2 oz. Butter	1/4 pint Milk
2 oz. Brown Sugar	1 Egg
	1/2 teaspoon Vanilla Essence

Place the brown sugar in a saucepan with 2 tablespoons water. Stir over heat until sugar is dissolved, boil to a caramel color. Add butter and flour and stir over heat until blended. Mix in milk and salt, stir to the boil. Add egg yolk and vanilla essence. Whip egg white stiffly and fold into mixture. Turn into prepared tart case. When cold decorate with whipped cream and nuts.

PUDDINGS

WHOLEMEAL SURPRISE APPLE PUDDING

THE PASTRY:

4 oz. (1 teacup) McALPIN'S "Procer" S.R. Wholemeal	1/4 teaspoon Salt
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	4 oz. Butter, Margarine or Dripping

1/2 teaspoon Cinnamon
3 tablespoons Water

Mix wholemeal, flour, salt and cinnamon. Rub in butter, margarine or dripping. Mix into a firm dough with water. Thickly grease an enamel or aluminium pudding basin with melted butter or margarine and sprinkle well with brown sugar. Line basin with two-thirds of the pastry. Slice into it two or three apples to 3/4 fill the crust. Sprinkle with brown sugar and 3 tablespoons mixed fruit. Pour in 2 tablespoons water. Cover with remaining pastry sealing the edges tightly. Stand on a tray. **Bake in a moderate oven for 1 hour, reducing the heat after the first 15 minutes.** Loosen pudding with a knife and turn on to a hot dish. Serve with cream or Custard Sauce (page 64).

BAKED LEMON SOUFFLE

2 oz. (1/2 teacup) McALPIN'S S.R. Flour	1/4 pint (6 tablespoons) Milk
4 oz. Sugar	2 Eggs
2 Lemons	1 oz. Butter

Cream butter and sugar slightly. Sift in flour and mix well. Add grated rind of one lemon and juice of two. Next add the beaten egg yolks and milk. Lastly, fold in the stiffly beaten egg whites. Pour into buttered pie dish. Stand in a dish of hot water and **bake in a very moderate oven until golden brown 20 to 30 minutes.** When cooked, it should be firm on top with a creamy custard underneath. Serve immediately it is cooked.

BAKED CHOCOLATE SOUFFLE

1 quantity Baked Lemon Souffle (see above)

Omitting the lemon and 2 oz. of sugar and adding 1 dessertspoon Cocoa and 1/2 teaspoon Vanilla Essence.

SUMMER DESSERT

1 quantity 2-Egg Sponge Mixture (page 26)	Piece of Angelica
1 tin or jar Pears	1/2 pint Cream
2 oz. preserved Cherries	1 dessertspoon Coffee Essence

Prepare sponge mixture and pour into a large greased recessed tin. **Bake in a very moderate oven 12-15 minutes.** Allow to stand for 2 or 3 days. Place on glass plate, prick with a skewer and pour over a little of the syrup from the pears. Decorate pears with cherries and angelica and place in design on the sponge. Whip and flavour cream with coffee essence and pipe through a savoy tube round edges of sponge. Return to refrigerator to cool before serving.



BAKED ALASKA (As Illustrated)

1 quantity 2-Egg Sponge Sandwich (page 26) 1 tin or jar Preserved Fruit 1 large tray Ice Cream

Prepare and bake the sponge mixture in a Swiss Roll tin. Allow to stand a day or two before using. Cut sponge to the shape of the ice cream but $\frac{1}{2}$ inch wider all round. Place sponge on large oblong sandwich tray standing on a board. Cover sponge with drained preserved fruit. Then place ice cream on top. Spread Meringue completely over ice cream and cake. **Place in a moderately hot oven for 3-4 minutes.** Serve at once.

THE MERINGUE: 3 Egg Whites 4 oz. Castor Sugar

Whip whites stiffly, beat in half the sugar and fold in remaining sugar.

WHOLEMEAL DATE PUDDING

4 oz. (1 teacup) McALPIN'S "Proceria" S.R. Wholemeal	3 oz. Brown Sugar
2 oz. ($\frac{1}{2}$ teacup) McALPIN'S S.R. Flour	3 oz. Margarine or Dripping
$\frac{1}{4}$ teaspoon Salt	2 Eggs
2 tablespoons Cocoa	1 teacup Dates
	$\frac{1}{4}$ pint boiling Water
	$\frac{1}{2}$ teaspoon Bicarbonate of Soda

Cut up the dates, pour over them the hot water, add the soda and set aside until the dates soften. Beat margarine or dripping and sugar to a cream. Add eggs one at a time, beating well. Add dates and lastly sifted flour, wholemeal, salt and cocoa. Turn mixture into a greased basin, cover closely **and steam 1 $\frac{1}{2}$ hours.** Serve with custard sauce or cream.

FRUIT FLUMMERY

3 level dessertspoons	McALPIN'S Enriched Plain Flour	Juice 2 Oranges Juice 1 Lemon
4 oz. Sugar ½ pint Water		2 level tablespoons Gelatine 6 Passion Fruit

Soak sugar and gelatine in saucepan with orange and lemon juice. Blend flour with the water and add to gelatine mixture. Bring to the boil, simmer 2 minutes. Cool and beat until fluffy, add pulp of passion fruit and continue beating until thick. Pile in heaps in glass dish. Serve with whipped cream or Custard Sauce (page 64).

DEVON PUDDING

6 oz. (1½ teacups) McALPIN'S S.R.	3 oz. Castor Sugar
Flour	1 large or 2 small Eggs
Pinch of Salt	3 tablespoons Milk
2½ oz. Butter	3 tablespoons Sultanas

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in sifted ingredients alternately with milk. Lastly, add sultanas. Place in greased pudding basin two-thirds full. Cover with greased paper and tight-fitting lid. Steam over gently boiling water for 1¼ hours. Serve with hot sauce.

DATE PUDDING

Add 4 oz. chopped Dates to Devon Pudding omitting Sultanas.

COCONUT PUDDING

Add 3 tablespoons Coconut, 2 tablespoons Milk (extra), 4 drops Almond Essence, to Devon Pudding omitting Sultanas.

CHOCOLATE PUDDING

Add 1 tablespoon Cocoa and a little Vanilla Essence to Devon Pudding omitting Sultanas.

GINGER PUDDING

Add 1 dessertspoon golden syrup and 3 teaspoons Ground Ginger to Devon Pudding omitting Sultanas.

CARAMEL PUDDING

Add ½ teaspoon Vanilla Essence to Devon Pudding. Place 2 tablespoons sweetened Condensed Milk on bottom of greased basin before putting in the mixture.

APPLE OR FRUIT SPONGE

4 oz. (1 teacup) McALPIN'S S.R.	2 oz. Sugar
Flour	1 Egg
Pinch of Salt	4 to 5 tablespoons Milk
2 oz. Butter	1 lb. Stewed Apples or other Fruit

Stew the fruit and place in a pie dish. Sift flour and salt. Cream butter and sugar, add egg and beat in well. Mix in sifted ingredients alternately with milk. Place the mixture on the warm fruit and bake in a moderate oven 25 to 30 minutes. Dredge with sugar and serve hot with custard or cream.



NOUGAT CREAM RING (As Illustrated)

1 quantity 2-Egg Sponge (page 26)

THE CREAM:

3/4 pint Milk
2 Eggs
1 oz. Castor Sugar

1/2 pint Cream
1/2 teaspoon Vanilla Essence
3 level teaspoons Gelatine
2 tablespoons hot Water

THE CARAMEL:

4 oz. Sugar
3 tablespoons Water

Pinch of Cream of Tartar
1-2 oz. Almonds

Prepare sponge mixture and place in a greased ring cake tin. **Bake in a very moderate oven 25 to 30 minutes.** Turn out and allow to become cold.

The Cream:— Beat eggs and castor sugar. Heat milk, pour over eggs and sugar, return to double saucepan and cook, stirring constantly until custard coats the spoon. Cool slightly and add vanilla essence. Dissolve gelatine in water and stir into custard.

The Caramel:— Dissolve sugar in water, add cream of tartar and bring to boil. Boil rapidly until syrup turns a caramel color. Blanch almonds and place on buttered tray. Pour caramel over and spread thinly with a buttered knife. When set, crush up, keeping some nice pieces for decoration. Mix the crushed caramel into the custard and half the cream, whipped and flavoured. Place ring of cake on serving dish, fill with custard mixture. Set in refrigerator until cold and firm. Cover top with whipped cream and decorate with caramel and nuts.

BAKED BANANA ROLL

8 oz. (2 teacups) McALPIN'S S.R.	1/2 cup Raisins
Flour	2 or 3 Bananas
1/2 teaspoon Salt	Grated rind 1/2 Lemon
2 oz. Butter or Margarine	3/4 teacup Milk
2 oz. Sugar	

Sift flour and salt. Cream butter or margarine and sugar. Mix in sifted ingredients alternately with milk. Roll into an oblong 1/2 inch thick. Mash bananas with a fork, spread on dough, sprinkle with raisins and grated lemon rind. Roll up, **bake in the following syrup in a moderately hot oven about 25 to 30 minutes.** Serve hot with Lemon Sauce or Cream.

THE SYRUP: 1 teacup Sugar, 2 teacups Water, 1 Lemon.

Peel pith from lemon and slice finely. Place in large pie dish, add sugar and water. Bring to the boil in the oven and **cook for 5 minutes** before placing the Banana Roll into it.

FRENCH PANCAKES

5 oz. (1 1/2 teacups) McALPIN'S S.R.	2 oz. Castor Sugar
Cake Flour	2 Eggs
1/4 teaspoon Salt	1/2 pint warm Milk
2 oz. Butter	

Sift flour and salt. Cream butter and sugar, beat in egg yolks. Mix in sifted ingredients alternately with milk. Whip whites of eggs stiffly and fold into batter. Place batter in buttered saucers or round pie tins. **Bake in a moderately hot oven 10 to 15 minutes.** Put together with jam or sugar and lemon. These pancakes do not spoil if kept warm in the oven for some time.

APPLE OR QUINCE PUDDING

4 oz. (1 teacup) McALPIN'S S.R.	4 oz. Shredded Suet
Flour	1/4 pint Water
4 oz. (1 teacup) McALPIN'S	1 1/2 lbs. Apples or Quinces
Enriched Plain Flour	2-3 oz. Sugar
1/4 teaspoon Salt	

Sift flour and salt. Rub in suet, mix into a firm dough with water. Line a greased basin with 2/3 of the pastry. Slice apples or quinces, fill basin with fruit, add sugar; for apple pudding flavour with cloves or grated lemon. Add 2 tablespoons water, cover with remaining pastry. Scald and flour a pudding cloth and tie securely over top of basin. **Boil 1 1/2 - 2 hours.**

PLUM DUFF

2 oz. (1/2 teacup) McALPIN'S	1 Egg
Enriched Plain Flour	2 oz. Brown Sugar
1/4 teaspoon Salt	2 oz. Butter
1/2 level teaspoon Bicarbonate of	1 cup cooked Prunes
Soda	

Sift flour, salt and soda. Beat egg slightly then beat in sugar. Melt butter and cut up prunes. Add butter and prunes to egg and sugar mixture. Lightly beat in the sifted ingredients. Turn into a greased basin, cover with greased paper and **steam 40 to 45 minutes.**



CHRISTMAS PUDDING (As Illustrated)

1 lb. (4 teacups) McALPIN'S S.R.	8 oz. Suet
Flour	8 Eggs or 6 Eggs and 4 table-spoons Milk
½ oz. Mixed Spice	2 tablespoons Golden Syrup,
1 lb. Raisins	Treacle, Honey or Dark Jam
1 lb. Currants	Juice of ½ Lemon or 1 tablespoon
4 oz. Mixed Peel	Brandy
12 oz. Brown Sugar	

Sift flour and spice. Shred suet finely and rub it into the flour and spice. Mix in the fruit and sugar. Beat eggs, add the golden syrup (treacle, honey or dark jam) and the milk to them. Mix the dry ingredients with the liquid ingredients. Add the lemon juice or brandy and stir it well through the mixture. Place in a greased pudding basin, seeing that the mixture fills the basin to $\frac{1}{2}$ " from the top. Cover with cloth and **boil for 6 hours (4 hours for half quantity).**

WHOLEMEAL CHOCOLATE ICE CREAM CRUNCH

5 oz. (1½ teacups) McALPIN'S "Procer" S.R. Wholemeal	2 oz. Butter
¼ teaspoon Salt	1 small Egg
½ cup Honey	½ teaspoon Vanilla Essence 1-2 oz. grated Chocolate

Mix wholemeal and salt. Cream butter and honey until light, beat in egg. Blend wholemeal, salt, chocolate and vanilla essence into butter mixture. Chill, then roll out thinly, cut into rounds. Place on greased tray and **bake in a very moderate oven 10 to 15 minutes.** Store in airtight tin until required. Serve ice cream masked with Chocolate Sauce (page 64), sprinkled with nuts, and a crunchy biscuit stuck in the top of each serving.

Corn flake macaroons

For a dozen macaroons, mix 1 cup corn flakes with 1 cup soft cream cheese, 1 cup powdered sugar, 2 eggs beaten, 1 cup chocolate chips and 1 cup shredded coconut.

To make these Macaroons, mix 1 cup shredded white coconut, 1 cup beaten white sugar, 2 beaten eggs, 1 cup corn flakes, 1 cup chocolate chips and 1 cup shredded coconut.

Break one cookie and pour over the eggs. Fold in cookie and vanilla essence. Take flakes, eggs and coconut mixture carefully. Place in greased baking pan and bake in a moderate oven about 20 min. for about 12 minutes. Remove immediately. When cooled, cut into squares. This quantity will make about 12 dozen macaroons. Another half, if you like, place the mixture over a rolling board and cover the mixture quickly with a paper towel or a clean cloth. Allow to sit for 10-15 min. and then roll out to the thickness desired, cut into tiny squares and bake in the oven for 10-12 minutes.

BAKED RHUBARB PUFFS

6 oz. (1½ teacups) McALPIN'S S.R.	3 oz. Sugar
Flour	1 Egg
½ teaspoon Salt	1 cup Rhubarb
½ teaspoon ground Ginger	4 tablespoons Milk
2 oz. Butter or Margarine	

Sift flour, salt and ginger. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients alternately with milk. Lastly stir in rhubarb cut into small pieces. Place mixture into greased individual pudding moulds. **Bake in a moderate oven 25 to 30 minutes or steam 25 minutes.** Turn out and serve with Rhubarb Sauce and whipped cream.

RHUBARB SAUCE:	1 dessertspoon Honey or Golden Syrup
3 sticks Rhubarb	1 cup Water
1 level dessertspoon Arrowroot	

Cut rhubarb into pieces and stew with water, sugar and honey or golden syrup. Blend arrowroot with cold water, stir into stewed rhubarb, return to heat and stir to the boil.

WHOLEMEAL LEMON NUT DESSERT

4 oz. (1 teacup) McALPIN'S "Proceria" S.R. Wholemeal	1 Egg
2 oz. (½ teacup) McALPIN'S S.R. Flour	3 tablespoons Milk
½ teaspoon Salt	2 Lemons
3 oz. Butter or Margarine	1 oz. blanched Almonds
4 oz. Brown Sugar	2 tablespoons Honey
	2 tablespoons Butter

Mix flour, salt and wholemeal. Cream butter or margarine and sugar, beat in egg. Mix in dry ingredients alternately with milk. Stir in the grated rind of ½ lemon. Peel lemons removing all the pith. Cut into thin slices. Place lemon slices and almonds in the bottom of a 7 inch greased sandwich tin. Melt butter and honey together and pour over lemon. Spread pudding mixture on top and **bake in a moderate oven 25 to 30 minutes.** Allow to stand for a few minutes before turning on to plate. Serve with custard or cream.

LEMON OR JAM PANCAKES

4 oz. (1 teacup) McALPIN'S S.R.	1 Egg
Flour	½ pint plus 3 tablespoons Milk
Pinch of Salt	

Sift flour and salt into a basin. Beat egg, add milk to it. Mix the sifted ingredients into a batter with the egg and milk. Place a small piece of dripping in the frying pan and heat until the fat smokes. Pour away heated dripping and wipe pan out with paper. Now put into the hot pan a small piece of butter or dripping, turn pan until it melts over the surface. Pour in sufficient batter to cover bottom of the pan. Cook pancake on one side, turn or toss over and cook again. Slide pancake on to a papered tray. For Lemon Pancakes squeeze Lemon Juice over, and shake sugar on pancake, roll up. For Jam Pancakes spread with Jam, roll up. Dust with sugar and serve at once.



GINGERBREAD APPLE RING (As Illustrated)

4 oz. (1 teacup) McALPIN'S S.R. Flour	1/4 level teaspoon Bicarbonate of Soda
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	2 oz. Brown Sugar
1/4 teaspoon Salt	3 oz. Butter or Margarine
1/4 teaspoon Ground Ginger	1 Egg
1/2 teaspoon Mixed Spice	2 tablespoons Golden Syrup or Treacle
1/2 teaspoon Cinnamon	3 tablespoons Milk
	2 cups Stewed Apple

Sift flour, salt, spices and soda. Cream butter or margarine with sugar and golden syrup, beat in egg. Mix in sifted ingredients alternately with milk. Place in a greased ring cake tin and **bake in a very moderate oven 30 to 35 minutes**. Turn out on dish. Fill centre with hot stewed apples and serve hot with cream or custard.

FRUIT FRITTERS

4 oz. (1 teacup) McALPIN'S S.R. Flour	1 Egg
Pinch of Salt	3 tablespoons Milk
1 tablespoon Sugar	Grated rind of 1/2 Lemon Slices of Fruit

Sift flour, salt and sugar. Separate white and yolk of egg. Beat yolk with milk and mix into sifted ingredients, making a batter. Whip white of egg stiffly and fold into batter. Dip slices of apple, banana, pineapple or whole dates into batter. Drop from a spoon into a deep pan of hot fat and fry golden brown. Drain on paper, dust with sugar.

SAVOURIES

TOMATO CHEESE PIE

1 quantity Short Pie Crust (page 30).

THE FILLING:

1 Onion

Salt and Pepper

3 Tomatoes

1 dessertspoon Sugar

Line a deep pie plate or sandwich tin with $\frac{2}{3}$ of the pastry. Place in the sliced onion and sliced tomatoes. Season with salt, pepper and sugar. Pour cheese sauce over and cover with remaining pastry. Glaze with egg and milk, sprinkle with grated cheese and **bake in a moderate oven 30 to 35 minutes.**

CHEESE SAUCE:

1 oz. McALPIN'S Enriched Plain

Flour

1 oz. Butter

1/4 pint Milk

3 oz. grated Cheese

Salt and Pepper

Melt butter, stir in flour off the fire, return to heat, cook 1 minute. Add milk and stir to the boil. Mix in grated cheese, season with salt and pepper.

CHEESE STRAWS

3 oz. (3 1/4 teacup) McALPIN'S S.R.

Flour

1 teaspoon Salt

1/4 teaspoon Cayenne Pepper

Squeeze of Lemon Juice

2 oz. grated Cheese

2 oz. Butter

1 Egg Yolk

1 teaspoon Water

Sift flour, salt and cayenne pepper. Rub in butter, then add cheese. Mix to a fairly stiff dough with the beaten egg yolk, water and lemon juice. Turn on to floured board. Knead lightly and roll out thinly. Cut into straws, and place on greased tray. **Bake in a moderate oven 10 minutes.**

ASPARAGUS STICKS

8 oz. (2 teacups) McALPIN'S S.R.

Flour

1/2 teaspoon Salt

1 tablespoon Butter

1 Egg

1/2 teacup Milk

1 tin Asparagus Tips

Sift flour and salt. Rub in butter, mix into soft dough with beaten egg and milk. Turn on floured board. Knead slightly, cut into 12 pieces. Roll each piece into a stick about 3 inches long. Place on a greased tray. Glaze with egg and **bake in a very hot oven 8 to 10 minutes.** When cold, split, butter and spread with mayonnaise. Place a piece of asparagus in each stick.

EASTERN PUFF SAUSAGES

6 oz. (1 1/2 teacups) McALPIN'S S.R.

Flour

3/4 teaspoon Salt

2 teaspoons Curry Powder

1 dessertspoon Tomato Sauce or

Chutney

2 Eggs

1/4 pint Milk

2 oz. Bacon

1 lb. Sausages

3 slices Pineapple

Sift flour, salt and curry powder, beat in eggs, milk and tomato sauce or chutney making a batter. Place sausages in well-greased dish, sprinkle with small pieces of pineapple. Pour batter over and **bake in a moderately hot oven 30 to 40 minutes.** Serve hot garnished with sliced pineapple, parsley, and grilled bacon.



WHOLEMEAL SAVOURY TONGUE SQUARES

(As Illustrated)

1 quantity Wholemeal Short Pastry (page 30)	2 hard-boiled Eggs
4-6 cooked Sheep's Tongues	1½ teaspoons Gelatine
½ pint Tomato Juice	4 Gherkins

Prepare pastry and bake into a square unfilled case following directions (page 32).

Dissolve gelatine in ½ cup boiling water, add to tomato juice with 2 gherkins (cut small). Cut tongues into halves and place in pastry case with sliced hard boiled eggs. Pour over the tomato juice mixture and set in refrigerator. When cold cut into squares. Decorate with gherkins, hard boiled egg and salad vegetables.

CHEESE BOATS

4 oz. (1 teacup) McALPIN'S S.R. Flour	2 oz. Butter
½ teaspoon of Salt	2 oz. Grated Cheese
Few shakes Cayenne Pepper	1 Egg

Sift flour, salt and cayenne pepper. Rub in butter, add grated cheese. Mix to a firm dough with beaten egg and lemon juice. Turn on floured board, knead slightly and roll out very thinly. Line boat-shaped patty tins with this pastry and fill with:—

CHEESE FILLING:

6 tablespoons grated Cheese 1 Egg 1 dessertspoon Butter	Salt, Cayenne Pepper and Mustard to flavour
---	--

Soften butter, beat egg, and mix all ingredients together. Place filling in prepared boats, using a teaspoon. **Bake in a moderately hot oven 10 to 12 minutes.**

STEAK & KIDNEY PUDDING

THE PASTRY:

4 oz. (1 teacup) McALPIN'S S.R. Flour	1/2 teaspoon Salt
2 oz. (1/2 teacup) McALPIN'S Enriched Plain Flour	3 oz. shredded Suet 4 tablespoons Water

Sift flour and salt, rub in suet, mix into a dough with water. Cut off one-third. Roll the larger piece into a round and fit into a greased basin. Roll the smaller piece into a round to cover the top. Fill the basin with the Filling. Pour in a little water; cover with the pastry top. Place a greased paper over it and steam $1\frac{1}{2}$ hours if meat is previously cooked, or 3 hours if meat is used raw.

FILLING:

1 dessertspoon McALPIN'S Enriched Plain Flour	Few shakes Pepper
3/4 teaspoon Salt	3/4 lb. Skirt Steak 2 Sheep's Kidneys or 1/4 Ox Kidney

Cut meat and kidneys into small pieces, roll in flour, pepper and salt. Simmer gently in a little water for 1 hour or place prepared meat in pudding and steam for the longer time.

EGG & BACON PIE

1 quantity Rough Puff Pastry (page 30)

THE FILLING:	1 dessertspoon chopped Parsley or Chives
4 oz. Bacon Rashers	Pepper and Salt

Divide the pastry into halves. Line a pie plate or oblong tin with one-half of the pastry. Remove rind from bacon and cut into 2 inch length. Bring to boil in water. Drain and cool. Place bacon in pastry case, break eggs over bacon and spread yolks slightly. Season with salt and pepper and sprinkle on the parsley or chives. Cover tart with remaining pastry. Glaze with egg and milk. **Bake in a moderately hot oven 25 to 30 minutes.**

SAUSAGE PUFF (Economical)

8 oz. (2 teacups) McALPIN'S S.R. Flour	1 lb. Cocktail Sausages
1/2 teaspoon Salt	1 Egg
1 dessertspoon chopped Chives	5 tablespoons Milk
Few shakes Pepper	1 oz. Butter

Sift flour, salt and pepper. Rub in butter, add chives. Mix into a light soft dough with beaten egg and milk. Grease two sandwich tins. Place half the mixture in each tin. Place the sausages on top like the spokes of a wheel. Press sausages into dough. Glaze with egg and milk. **Bake in a moderately hot oven 15 to 20 minutes.** Serve cut into triangles with hot tomato or tomato sauce.

CHEESE BALLS

Choux Pastry (page 30)	1 teaspoon Salt
2 oz. grated Cheese	Cayenne Pepper

1/2 teaspoon Mustard

Prepare choux pastry adding the salt, cayenne and mustard with the flour. Lastly, mix in almost all the cheese. Drop mixture in teaspoonfuls into hot fat and fry until a golden brown. Drain on paper and roll in grated cheese. Serve hot.



CHEESE RINGS (As Illustrated)

8 oz. (2 teacups) McALPIN'S S.R.	2 oz. grated Cheese
Flour	2 Gherkins
1/2 teaspoon Salt	1 Egg
2 oz. Butter or Margarine	1/4 pint Milk

Sift flour and salt, rub in butter or margarine, add $\frac{3}{4}$ of the cheese and the gherkin (cut small). Mix into a dough with beaten egg and milk. Roll out $\frac{1}{4}$ inch in thickness, cut into rings using two cutters. Place on greased tray. Glaze with egg and milk and sprinkle with grated cheese. **Bake in a moderately hot oven 10 to 12 minutes.** When cool, split and fill with Cream Cheese (page 63).

CHEESE HIGH CASSEROLE

THE TOPPING:

2 oz. (1/2 teacup) McALPIN'S S.R.	1/2 pint Milk
Flour	3 Eggs
1/4 teaspoon Salt	1 cup grated Cheese
2 oz. Butter	1 teaspoon Worcestershire Sauce

Sift flour and salt. Melt butter in saucepan, add sifted ingredients, stir until smooth, cook 1 minute. Add milk, cook, stirring until thick. Cool, beat in egg yolks, Worcestershire Sauce and cheese. Whip egg whites stiffly, fold into mixture. Turn on to Savoury Meat Filling in casserole. **Bake in pan of hot water in a moderately hot oven 45 to 50 minutes.** Serve at once.

MEAT FILLING:

1/2 lb. Minced Steak	1 tablespoon Dripping
1 Onion (cut finely)	1 tablespoon McALPIN'S Enriched
1 teaspoon Salt	Plain Flour
Few shakes Pepper	2 tablespoons Water

Melt dripping in saucepan, fry onion until brown, add minced steak, fry again, add flour, salt and pepper. Stir well, add water. Cook slowly, stirring for 5 minutes. Turn into casserole.

WHOLEMEAL SALMON SAVOURIES

THE BISCUIT:

2 oz. (1/2 teacup) McALPIN'S "Procer" S.R. Wholemeal	2 oz. Margarine
2 oz. Fresh Bread Crumbs	2 oz. Grated Cheese
1/4 teaspoon Salt	Flavour of Cayenne Pepper and Mustard

Mix wholemeal, salt, mustard and pepper, rub in margarine, add breadcrumbs and cheese. Work into a paste with the hand. Roll out 1/4 inch in thickness. Cut into 3 inch round biscuits. Place on tray, prick well and **bake in a very moderate oven 10 to 15 minutes.**

THE SALMON MOULD:

1 oz. McALPIN'S Enriched Plain Flour	1/4 teaspoon Salt
1 oz. Butter	1 dessertspoon Vinegar
1/2 lb. tin Salmon	1 level dessertspoon Gelatine
Few shakes Cayenne	Cooked Green Peas
1/2 pint Milk	1 Gherkin

Melt butter, add flour, cook one minute, add milk, stir to the boil, add salmon, vinegar, salt and cayenne. Dissolve gelatine in two tablespoons water, add it with the peas and gherkin cut into slices. When beginning to set, place in round moulds and set firmly. Serve on crisp biscuits with garden salad.

PINEAPPLE OR TOMATO SPLITS

8 oz. (2 teacups) McALPIN'S S.R. Flour	2 oz. grated Cheese
1 level teaspoon Salt	1 Egg
Few shakes Cayenne Pepper	1/4 pint Milk
1 oz. Butter	1 dessertspoon chopped Chives or Parsley

Sift flour, salt and cayenne, rub in butter, add cheese and chives or parsley. Mix into a light dough with beaten egg and milk. Turn on floured board, knead lightly and roll out 1/4 inch in thickness. Cut into rounds. Brush tops with melted butter and fold over. Place on greased tray. Glaze with egg and milk and **bake in a hot oven 8-10 minutes.** When cold, open and spread with mayonnaise or cream cheese and insert a slice of tomato or pineapple.

PINEAPPLE & HAM PUFFS

4 oz. (1 teacup) McALPIN'S S.R. Flour	1 Egg
1/4 teaspoon Salt	1 dessertspoon Milk
Few shakes Cayenne Pepper	1 tablespoon Mayonnaise
1 oz. Butter or Margarine	1/2 cup chopped cooked Ham 1/2 cup diced canned Pineapple

Sift flour, salt and cayenne, rub in butter or margarine, add ham and pineapple. Mix into a light dough with mayonnaise, beaten egg and milk. Drop teaspoonfuls into deep hot fat and fry gently until a golden brown. Drain on paper and serve hot with veal cutlets or sausages or cold on cocktail sticks for supper. Substitute bacon for ham and serve with fried or grilled bacon for breakfast.



SAVOURY LOAF (As Illustrated)

8 oz. (2 teacups) McALPIN'S S.R.	1 dessertspoon chopped Parsley
Flour	1 dessertspoon chopped Chives
1½ level teaspoons Salt	1 Egg
2 oz. Butter or Margarine	4 tablespoons Tomato Puree
2 Gherkins	2 tablespoons Milk

Sift flour and salt, rub in butter or margarine, add gherkins (cut small), parsley and chives. Mix into a light dough with beaten egg, tomato puree and milk. Place in a greased oblong cake tin. **Bake in a moderately hot oven 25 to 30 minutes.** Turn on a hot dish, border with savoury meat mixture. Garnish with grilled tomatoes and rolls of grilled bacon.

SAVOURY MEAT MIXTURE:

1 dessertspoon McALPIN'S Enriched Plain Flour	1 teaspoon Salt
½ lb. Minced Steak	Few shakes Pepper
¼ Ox Kidney	½ tin Tomato Puree
1 Onion	1 dessertspoon Worcestershire Sauce
¼ teaspoon Mustard	

Chop onion and kidney finely, mix with steak, flour, mustard, salt and pepper. Add tomato puree and sauce. Stir well, bringing to boil and simmer gently for ½ hour.

For tomato puree use ½ small tin tomato soup in the savoury loaf and ½ in the meat mixture.

FISH IN BATTER

Prepare the batter from the Lemon and Jam Pancake recipe (page 42), but reduce the milk to ¾ teacup, using a little more if necessary. The consistency of the batter should be thick enough to coat the fish. Dip fish fillets into batter. Drop into a deep pan of hot fat. Fry golden brown. Drain on paper. Serve with slices of lemon.

SIMPLY CRISPY FALAFEL

One lb. plain flour, two level teaspoons baking powder, half teaspoon salt, eight oz. flour or margarine, ten tablespoons cold water, A good squeeze of lemon juice.

Get the flour, baking powder and salt into a bowl and rub in the butter or margarine. Add the water and lemon juice and mix to a fairly firm dough. Turn on to a floured board and knead only until smooth on the outside. Roll to size and shape required and cook in a hot oven.

YEAST GOODS

YEAST BUNS

1 lb. (4 teacups) McALPIN'S Enriched Plain Flour	2 oz. Butter or Margarine
1 teaspoon Salt	2 oz. Currents
2 oz. Sugar	2 oz. Sultanas
1/2 oz. Compressed Yeast or Dried Yeast	1 Egg
	1/2 pint lukewarm Milk

Sift flour and salt into a warm basin making a hollow in the centre. Dissolve yeast in 3 tablespoons lukewarm milk with 1 dessertspoon of the sugar. Stand in a warm place for 5 minutes, stirring occasionally. Pour yeast mixture into the flour, beat in a little flour then add the beaten egg, milk and melted butter. Sprinkle the sugar and fruit round the flour and stir liquids well into the flour and fruit, making a moist dough. Cover and set in a warm place until dough doubles its size. Turn on floured board, knead well and cut into 16 pieces. Shape into round buns, place on warm greased tray and prove in a warm place for 10 to 15 minutes. **Bake in a hot oven 12 to 15 minutes.** Glaze with Bun Syrup on taking buns from oven. Cool on cake wire.

BUN SYRUP: 2 oz. Sugar 3 tablespoons Water

Dissolve sugar in water, then boil to a thin syrup.

YEAST CAKE

12 oz. (3 teacups) McALPIN'S Enriched Plain Flour	4 oz. Butter
1/2 teaspoon Salt	2 oz. Sugar
1/2 teaspoon grated Nutmeg	6 oz. Mixed Fruit
1 oz. Compressed Yeast or Dried Yeast	1 Egg
	1/4 pint lukewarm Water

Sift flour, salt and nutmeg into warm basin. Dissolve yeast in lukewarm water with 1 dessertspoon sugar. Set in a warm place for 5 minutes. Pour yeast mixture into a hollow in the centre of flour, stir in a little flour and set in a warm place for 10 minutes. Add beaten egg and sugar and fruit and mix into a dough. Lastly, mix in melted butter, which must not be hot. Beat well and pour mixture into a greased 7 inch square tin. Cover and set in a warm place until mixture doubles its size. **Bake in a hot oven 30 to 35 minutes.** When still warm ice top with Soft Icing (page 61). Sprinkle with spice and chopped nuts.

ORANGE BREAD

1 lb. (4 teacups) McALPIN'S Enriched Plain Flour	3/4 oz. Compressed Yeast or Dried Yeast
2 level teaspoons Salt	2 oz. Sugar
2 Oranges	1 Egg
2 oz. Butter or Margarine	1/4 pint warm Water

Sift flour and salt into a warm basin, add grated rind of oranges and sugar. Dissolve yeast with 1 dessertspoon sugar and warm water and stand in a warm place for 5 minutes. Mix in the egg yolk, orange juice and melted butter. Mix flour into a dough with the liquid. Turn on floured board, knead well, return to basin, cover and set in a warm place until dough doubles its size. Knead again and shape into 2 loaves. Place in greased tins, prove for 15 minutes or until the loaves are nicely rounded. **Bake in a very hot oven 30 to 35 minutes.**



BREAD ROLLS (As Illustrated)

1 lb. (4 teacups) McALPIN'S Enriched Plain Flour	1 dessertspoon Sugar
2 level teaspoons Salt	1 Egg
½ oz. Compressed or Dried Yeast	1 oz. Butter or Margarine ½ pint lukewarm Milk

Sift flour and salt into a warm basin. Dissolve yeast and sugar in 3 tablespoons of lukewarm milk and set in a warm place for 5 minutes, stirring occasionally. Beat egg, add remaining warm milk and melted butter to it. Hollow out the centre of the flour in basin, pour in the yeast mixture, beat in a little flour, then pour in the egg, milk and butter and beat together making a moist dough. Knead on a floured board, return to basin, cover with a cloth and set in a warm place until dough doubles its size. Knead again, cut into 16 pieces and shape into rolls. Place on a warm greased tray, cover and prove in a warm place for 10 to 15 minutes. Glaze with beaten egg and milk. **Bake in a hot oven 15 to 20 minutes.**

CLOVER LEAF ROLLS

Bread Roll Dough (see above). Cut into 16 pieces then cut each piece into 3. Roll into small balls, place 3 balls in each greased queen cake tin. Prove in a warm place 10 to 15 minutes. Glaze with egg and milk, and, if liked, sprinkled with Poppy Seeds. **Bake in a hot oven 10 to 15 minutes.**

SCONES, LOAVES & TEA CAKES

PLAIN SCONES

8 oz. (2 teacups) McALPIN'S S.R. 1 oz. Butter
Flour 1/4 pint (6 tablespoons) Milk
1/2 teaspoon Salt

Sift flour and salt, then rub in butter. Mix to a light dough with milk. Turn on to a floured board, knead slightly, pat out to $\frac{1}{2}$ inch thickness and cut into shapes. Place on a greased tray. Glaze with egg and milk or milk only. **Bake in a very hot oven 6 to 10 minutes according to the size of the Scones.**

FRUIT SCONES

To Plain Scone Mixture add 2 tablespoons ^{desertspoons} castor sugar, 1 teacup fruit (dates, sultanas or currants), and 1 beaten egg, and reduce the milk to 3 tablespoons.

WHOLEMEAL FRUIT SCONES

To Wholemeal Scone Mixture (page 53) add an extra dessert-spoon Sugar and 1 teacup Dates or Raisins cut into small pieces.

GRIDDLE SCONES

1 quantity Plain Scone Mixture (see above)

Prepare scone mixture, divide dough into 3 portions. Roll each piece into a flat round shape $\frac{1}{2}$ inch in thickness. Mark across into 6 triangles. Heat griddle or large frying pan. Rub over with very little dripping. Place in scones. **Cook 5 minutes on one side, turn over and cook another 5 minutes using gentle heat.**

GEM SCONES

4 oz. (1 teacup) McALPIN'S S.R. 1 1/2 oz. Butter
Flour 1 Egg
Pinch of Salt 5 tablespoons Milk
3 dessertspoons Sugar

Sift flour and salt. Cream butter and sugar, beat in egg. Mix in sifted ingredients alternately with the milk. Heat a set of gem irons in the oven and grease with dripping. Place a dessertspoonful of the batter in each cup. **Bake in a moderately hot oven for 10 to 12 minutes.**

DROP SCONES (OR PIKELETS)

4 oz. (1 teacup) McALPIN'S S.R. 2 tablespoons Castor Sugar
Flour 1 Egg
Pinch of Salt 3 to 5 tablespoons Milk

Sift flour, salt and sugar. Make a well in centre of mixture and break in egg. Mix slightly, then gradually mix in the milk until batter is of right consistency. Batter should not run quickly off spoon when held up, but should fall in heavy drops. Rub hot pan or electric hot plate with buttered paper, and drop mixture on in teaspoonfuls. **Cook until scones begin to bubble, then turn with broad knife.**



CHEESE SCONES (As Illustrated)

8 oz. (2 teacups) McALPIN'S S.R. Flour	Pinch of Cayenne Pepper
1 oz. Butter, Margarine or Lard	2 oz. grated Cheese
$\frac{3}{4}$ teaspoon Salt	$\frac{1}{4}$ pint (6 tablespoons) Water 1 Egg

Sift the flour, salt and cayenne, then rub in the butter, margarine or lard. Add the grated cheese and mix to a light dough with the water and beaten egg. Turn on to a floured board, knead lightly and pat out to $\frac{1}{2}$ inch thickness. Cut into small scones. Place on greased tray. Glaze with egg and milk and bake in a very hot oven 6 to 10 minutes.

WHOLEMEAL SCONES

8 oz. (2 teacups) McALPIN'S "Procera" S.R. Wholemeal	1 oz. Butter
$\frac{1}{4}$ teaspoon Salt	1 level dessertspoon Castor Sugar $\frac{1}{4}$ pint plus 1 tablespoon Milk

Mix wholemeal, salt and sugar. Rub in butter. Mix into a dough with the milk, using a knife. Turn on floured board, knead until smooth. Roll $\frac{1}{2}$ inch in thickness. Cut into scones. Place on greased tray having $\frac{1}{4}$ inch between each scone. Glaze the tops with milk. **Bake in a very hot oven 8 to 12 minutes.**

One small egg and 6 tablespoons milk may be used to mix the dough in place of the milk in recipe.

McAlpin's "Procera" S.R. Wholemeal, being 100 per cent. wholegrain, produces a slightly coarser scone. Should you prefer a finer scone than can be made from wholegrain meal, use 6 oz. of McAlpin's "Procera" S.R. Wholemeal with 2 oz. McAlpin's S.R. Flour in place of the 8 oz. "Procera" S.R. Wholemeal in your scone recipe.

FRUIT SCONES

Three cups self-raising flour, quarter teaspoon salt, quarter teaspoon mace or spice, one and half tablespoons butter, three tablespoons sugar, six tablespoons mixed fruit, one egg and three quarter cup milk, or half a pint of milk less one tablespoon.

Sift the flour, salt and spices and rub in the butter before adding the sugar and fruit. Beat the egg and add to the milk then use this mixture to mix the flour to a soft dough. Turn on to a floured board and knead lightly. Roll to about three quarter inch in thickness, cut into shapes, glaze the tops with milk and bake at 425 for about 15 minutes.

DOUGHNUTS

8 oz. (2 teacups) McALPIN'S S.R.	1 Egg
Flour	4 tablespoons Milk
Pinch of Salt	1 dessertspoon Sugar

1 oz. Butter or Margarine

Sift flour, salt and sugar. Rub in butter or margarine. Mix into a light dough with beaten egg and milk. Turn on floured board. Knead until smooth. Roll out $\frac{1}{4}$ inch in thickness. Cut into rounds, cut out the centres with a smaller cutter. **Drop into deep hot fat, fry 5 to 6 minutes, turning the doughnuts over in the fat.** Drain on paper and dust with sugar. Fry the small centre pieces, drain and dust with cinnamon and sugar.

OATMEAL MUFFINS

4 oz. (1 teacup) McALPIN'S S.R.	2 oz. Butter or Margarine
Flour	2 oz. Brown Sugar
$\frac{1}{4}$ teaspoon Bicarbonate of Soda	1 Egg
$\frac{1}{4}$ teaspoon Salt	
3 tablespoons Rolled Oats and	
3 tablespoons Sour Milk	}

(soaked together for 1 hour)

Sift flour, soda and salt. Cream butter or margarine and sugar, beat in egg. Mix in sifted ingredients alternately with soaked oatmeal. Two-thirds fill greased muffin tins with the mixture. **Bake in a moderately hot oven 15 to 20 minutes.**

NOTE. — To make the milk sour, add 1 teaspoon vinegar or lemon juice.

FRUIT & SPICE FINGERS

8 oz. (2 teacups) McALPIN'S S.R.	1 Egg
Flour	1 oz. Castor Sugar
$\frac{1}{4}$ teaspoon Salt	5 tablespoons Milk
2 oz. Butter or Margarine	

Sift flour and salt, rub in butter or margarine, add sugar. Mix into a light dough with beaten egg and milk. Turn on floured board, knead until smooth. Roll into an oblong $\frac{1}{4}$ inch in thickness. Spread with the filling, wet edges and fold over. Press firmly, cut into strips $\frac{3}{4}$ inch wide. Prick with a fork. Place on greased tray. Glaze with egg and milk. **Bake in a moderately hot oven 12 to 15 minutes.**

THE FILLING:

2 oz. Brown Sugar	$\frac{3}{4}$ cup cut Raisins or Dates
1 teaspoon Cinnamon	$1\frac{1}{2}$ oz. Butter

Melt butter, blend into ingredients.

BUTTER FINGERS

8 oz. (2 teacups) McALPIN'S S.R.	1 oz. Butter
Flour	1 Egg
$\frac{1}{4}$ teaspoon Salt	3 tablespoons Milk
1 dessertspoon Castor Sugar	

Sift flour, salt and sugar, rub in butter. Mix into a dough with beaten egg and milk. Roll out $\frac{1}{4}$ inch in thickness, cut into finger shapes. Melt 2 oz. butter, pour half of it into a Swiss Roll tin. Place the finger shapes into the butter. Brush the tops with the remaining butter and sprinkle with chopped nuts and sugar. **Bake in a moderately hot oven 10 to 12 minutes.** When cold split and fill with Lemon Butter or Jam.



WHOLEMEAL APRICOT & RAISIN LOAF (As Illustrated)

8 oz. (2 teacups) McALPIN'S "Procer" S.R. Wholemeal	2 oz. Castor Sugar
1/4 teaspoon Salt	2 oz. Dried Apricots
1/2 teaspoon Mixed Spice	2 oz. Raisins
2 oz. Butter or Margarine	1 Egg
	1/4 pint plus 2 tablespoons Milk

Cut up apricots with scissors and soak in milk. Mix wholemeal, salt and spice, rub in butter or margarine. Add sugar and raisins (cut small). Mix into a moist dough with beaten egg and milk containing the apricots. Place in a greased loaf tin. **Bake in a moderately hot oven 40 to 45 minutes.**

TEA LOAVES

8 oz. (2 teacups) McALPIN'S S.R. Flour	1 Egg
Pinch of Salt	2 tablespoons Castor Sugar
2 oz. Margarine, Lard or Butter	1 teacup Milk
	A few drops Essence of Lemon

Sift flour and salt, rub in margarine, lard or butter, add sugar. Beat egg, add milk to it. Mix the flour into a light dough with the egg, milk and essence, keeping over a little for glazing. Cut off $\frac{1}{3}$ of the dough. Divide each piece into four. Roll the pieces into balls with the hands, making a hole in the centre of each small ball. Flatten the balls slightly and place the larger ones on a greased tray. Glaze with the egg and milk. Place the smaller pieces on top. Glaze again and **bake in a hot oven 15 to 20 minutes.**

24 Malcolm Road
Ipswich 3079

Wednesday
9.1.73.

probably covered -
bit before 3 AM on
it was really good
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and I often do allow

almost birthday &
in a shower. We
are gathered in the
living room. It has
a red wood table
- easy to keep clean
and the room
is already dark
it is now going to
be the last of the year
the last week is
a pleasure place
by the fire. It
was nice to have

BAKED JAM BOLLY

One egg, a half cup self-raising flour, quarter teaspoon salt, one tablespoon sugar, one rounded tablespoon baking powder, one-third cup milk, jam.

Start the oven with the oven. Beat in the butter and with the sugar. Beat the egg and mix with the milk. Mix into the dry ingredients making. Mix a medium.ough them on to a baking board and knead slightly. Roll to an oblong shape.

Spread in within half an inch of the edges with jam. Roll up like a jelly roll. Place on a greased tray and bake in a moderate oven for about 15 minutes. Serve with full cream custard or sweet white sauce.

MRS G. Celac. — The other day I tasted a small cake like a snowball. I was told that the little cakes were dipped in a custard-like mixture and then rolled in coconut. Have you the recipe?

This recipe from my files appears to be the one you want.

SNOW CAKES

Three oz. butter, three oz. sugar, two eggs, two tablespoons milk, half a teaspoon vanilla, five oz. self-raising flour.

FROSTING: One tablespoon cornflour, one cup milk, two tablespoons castor sugar, one tablespoon butter, vanilla, desiccated coconut.

Make the cakes by beating the butter and sugar to a cream.

Add the well-beaten egg and milk, then the sifted flour and vanilla.

Spoon into greased patty tins and bake in a moderate oven for about 15 minutes. Cool.

For the frosting, blend the cornflour with the milk and stir over a medium heat until thickened.

Cook two minutes. Allow to cool, stirring occasionally.

Beat the butter and castor sugar to a cream, then gradually beat in the thickened milk, whipping until light. Flavor with vanilla.

Use to cover the patty cakes, then roll in desiccated coconut. Allow to set.

Try Foster Fingers Digest
Snow Cakes, Geyser Large
Cakes.

WHOLEMEAL HONEY NUT BUNS

8 oz. (2 teacups) McALPIN'S "Procer" S.R. Wholemeal	1 oz. Butter or Margarine
1/2 teaspoon Salt	1 oz. Brown Sugar
	1/4 pint plus 1 tablespoon Milk

Mix wholemeal and salt, rub in butter or margarine, add sugar and blend into a scone dough with milk. Roll out 1/2 inch in thickness, cut into small scones. Place scones in prepared patty pans and **bake in a hot oven 8 to 10 minutes**. Invert pan over wax paper. Serve hot with butter.

To prepare patty pans:—Grease well, place piece of walnut in each, then a teaspoonful of honey and cinnamon blended together in proportion of 1/4 cup honey with 1/2 teaspoon cinnamon.

GRIDDLE CAKE ROLLS

8 oz. (2 teacups) McALPIN'S S.R. Flour	1 dessertspoon Butter
3-4 oz. Castor Sugar according to sweetness required	1 small Egg

Sift flour and sugar. Mix into a batter with egg and milk. Lastly, add melted butter. Put out on greased griddle with a tablespoon. Cook on one side, turn over and re-cook. Roll up and cool in a cloth.

WHOLEMEAL ORANGE TWISTS

4 oz. (1 teacup) McALPIN'S "Procer" S.R. Wholemeal	2 oz. Castor Sugar
Pinch of Salt	1 Egg
2 oz. Butter	Grated Rind of 1 Orange

Juice 1/4 Orange
Mix wholemeal, salt and orange rind, rub in butter, add sugar. Beat egg, add 3/4 of it to the orange juice. Use this to mix the ingredients into a fairly firm dough. Roll into an oblong. Cut into strips 1/2 inch wide by 3 inches long. Twist, brush with egg, dust with sugar. Place on greased tray, **bake in a moderately hot oven 15 to 20 minutes**.

BANANA & ORANGE LOAF

8 oz. (2 teacups) McALPIN'S S.R. Flour	1 Banana
Pinch of Salt	Grated rind and juice 1/2 Orange
2 oz. Butter	1 Egg
3 oz. Sugar	1/4 pint Milk

Sift flour and salt. Cream butter and sugar, add egg gradually. Mix in sifted ingredients alternately with milk. Lastly, mix in mashed banana, orange rind and juice. Turn into a greased oblong tin. **Bake in a moderately hot oven 30 to 40 minutes**.

WHOLEMEAL FRUTTI LOAF

8 oz. (2 teacups) McALPIN'S "Procer" S.R. Wholemeal	1 teaspoon ground Nutmeg or Mace
1/4 teaspoon Salt	2 oz. Preserved Cherries
2 oz. Butter or Margarine	2 oz. Raisins
2 oz. Castor Sugar	1 oz. Angelica
1 Egg	2 oz. Walnuts

1/4 pint (6 tablespoons) Milk

Mix wholemeal and salt, rub in butter or margarine. Add sugar, ground nutmeg or mace, fruit and nuts. Mix into a soft dough with the beaten egg and milk. Place in a greased log cake tin. **Bake in a moderately hot oven 35-40 minutes**.



DAISY TEA CAKE (As Illustrated)

12 oz. (3 teacups) McALPIN'S S.R.	2 oz. Castor Sugar
Flour	1 Egg
Pinch of Salt	8 tablespoons Milk
3 oz. Butter ..	

Sift flour and salt. Cream butter and sugar, beat in egg gradually. Mix in sifted ingredients alternately with the milk. Roll dough into a circle 12 inches in diameter on greased oven tray. Place a glass tumbler in the centre. Starting at the edge of the glass cut the dough in quarters then each quarter into five, thus making twenty strips. Twist two strips together, pinch edges to seal, making ten twists. Coil each twist up towards centre of daisy. Remove tumbler. Twist one coil up and lay on centre. Place a spoonful of jam in centre of each roll. **Bake in a moderately hot oven 20 to 25 minutes.** Run soft icing round the rolls and serve.

WHOLEMEAL TEA CAKE

4 oz. (1 teacup) McALPIN'S "Procer" S.R. Wholemeal	Grated rind of $\frac{1}{2}$ Lemon
$\frac{1}{4}$ teaspoon Salt	3 tablespoons Milk
2 oz. Butter or Margarine	1 Apple
3 oz. Brown Sugar	$\frac{1}{4}$ teaspoon Cinnamon
1 Egg	1 tablespoon Castor Sugar

Mix wholemeal and salt. Cream butter or margarine and brown sugar, beat in egg, add grated lemon rind. Mix in wholemeal alternately with milk. Place in a 7 inch greased sandwich tin. Peel and grate apple, place on top of tea cake. Sprinkle with cinnamon and sugar. **Bake in a moderate oven 25 to 30 minutes.**

CHILDREN'S PARTY BAKING

PIGS IN BLANKETS

4 oz. (1 teacup) McALPIN'S S.R. Flour	4 oz. Margarine
4 oz. (1 teacup) McALPIN'S Enriched Plain Flour	3 tablespoons Water
1/4 teaspoon Salt	1 lb. thin Sausages or 1/2 lb. Cocktail Frankfurts

Sift flour and salt, rub in margarine. Mix into a firm dough with water. Roll out thinly. Cut into strips 2 inches wide. Twist each sausage into 3 single small ones or use single frankfurts. Roll in pastry, sealing with beaten egg and milk. Place on tray. Glaze with egg and milk. **Bake in a moderately hot oven 15 to 20 minutes.** Serve with salad.

CHOCOLATE BALLS

6 oz. (1 1/2 teacups) McALPIN'S S.R. Flour	3 oz. Butter
Pinch of Salt	3 oz. Castor Sugar
1 rounded tablespoon Cocoa	1 Egg
	1/4 teaspoon Vanilla Essence

Sift flour, cocoa and salt. Cream butter and sugar, beat in egg and vanilla essence. Mix in sifted ingredients. Allow to become firm. Roll into small balls. Place on greased tray. Mark with a fork. **Bake 12-15 minutes in a moderate oven.** When cold join in pairs with chocolate icing (page 61).

CHEESE FLAP JACKS

4 oz. (1 1/4 teacups) McALPIN'S S.R. Cake Flour	2 oz. grated Cheese
1 Egg or 2 Yolks	1/4 pint plus 3 tablespoons Milk
1/2 teaspoon Salt	2 Gherkins

Sift flour and salt. Beat egg, add milk to it. Mix flour into a batter with egg and milk. Add cheese and chopped gherkin. Drop in dessertspoonfuls on to a hot greased griddle or fry pan. **Fry golden brown, turn over and fry again.** Cool in a cloth.

CHEESE LILIES

1 quantity Cheese Flap Jacks (see above)	Gherkins, Pineapple and Tomato
1 quantity Cream Cheese (page 63)	

Prepare the Cheese Flap Jacks and shape into lilies, securing with tooth picks. Pipe Cream Cheese into the centre of each lily and stick in a piece of gherkin, pineapple or tomato.

WHOLEMEAL CORNFLAKE DROPS

4 oz. (1 teacup) McALPIN'S "Proceria" S.R. Wholemeal	2 oz. Castor Sugar
Pinch of Salt	1 Egg
2 oz. Butter or Margarine	1/2 cup chopped Dates or Raisins Cornflakes

Mix wholemeal and salt. Cream butter or margarine and sugar, beat in egg gradually. Mix in dry ingredients, dates or raisins. Drop teaspoonfuls of the mixture into cornflakes, roll into balls. Place on greased tray allowing space for spreading. **Bake in a moderate oven 10 to 12 minutes.**



ALPHABET CAKES (As Illustrated)

4 oz. (1 1/4 teacups) McALPIN'S S.R.	6 oz. Butter
Cake Flour	6 oz. Castor Sugar
3 oz. (3/4 teacup) McALPIN'S	3 Eggs
Enriched Plain Flour	Grated rind of 1/2 Lemon
1/4 teaspoon Salt	1 dessertspoon Lemon Juice

Sift flour and salt. Cream butter and sugar, beat in eggs gradually. Mix in sifted ingredients, lemon juice, and grated rind. Place mixture in a shallow greased oblong or square tin lined on the bottom with paper. Smooth the surface and sprinkle with a little water to prevent cake from cracking on top during baking. **Bake in a moderate oven 35 to 40 minutes.** Allow cake to stand a day or two before cutting. Cut cake into oblong pieces. Dip in apricot puree and stand for a day before icing. Ice cakes with Fondant Icing (page 61) and when set decorate and pipe letters on them using Royal Icing (page 62). The letters could spell "A Happy Birthday" or could be the initial letter from each child's name.

RASPBERRY CAKES

4 oz. (1 teacup) McALPIN'S S.R.	1 Egg
Flour	2 tablespoons Milk
Pinch of Salt	Pink color
3 oz. Butter or Margarine	Raspberry Essence
3 oz. Castor Sugar	

Sift flour and salt. Cream butter or margarine and sugar. Beat in egg. Mix in the sifted flour alternately with the milk, pink color and essence. Put the mixture into greased patty tins or paper cases, using a dessertspoon. **Bake in a moderately hot oven 12-15 minutes.** When cold ice with pale pink Soft Icing (page 61) and decorate with cherries, raspberries, etc.



BERRY FLUFF (As Illustrated)

1 quantity Sponge Fingers (page 15)	2 oz. Sugar
1 punnet Berries	1/2 oz. Gelatine
3/4 pint Water	1 small tray Ice Cream

Stew berries with water and sugar, rub through a sieve. Dissolve gelatine in berry syrup and allow to go cold but not set. Turn into a bowl, add ice cream and whip until thick and frothy. Serve in glass dishes or set in mould. Accompany with sponge fingers.

NOTE.—If canned berries are used, omit fresh berries, sugar and water given in recipe and make liquid in can up to $\frac{3}{4}$ pint with water.

MERINGUE SPONGE

1 quantity 2-Egg Sponge (page 26)	Apricot Jam
Lemon Butter	4 oz. Castor Sugar
3 Eggs	2 oz. Blanched Almonds

Prepare sponge mixture and place it in one 7-7½ inch greased cake tin. **Bake in a very moderate oven 30 to 35 minutes.** When cold split twice and put together with lemon butter and apricot jam. Whisk whites of eggs until stiff, gradually beat in castor sugar making a meringue. Place cake on a board, spread meringue roughly over sides and top. Stick almonds into meringue. **Bake in a slow oven for 20 to 25 minutes** until meringue is tinted a golden color and set.

ICINGS, FILLINGS, ETC.

CHOCOLATE SOFT ICING

8 oz. Icing Sugar
1 tablespoon Melted Butter
2 dessertspoons Cocoa

1 teaspoon Vanilla Essence
Warm Water

Sift sugar and cocoa, add melted butter and vanilla essence. Mix with a little warm water until of spreading consistency.

CHOCOLATE BUTTER ICING

3 oz. Icing Sugar
1 oz. Butter

1 tablespoon Cocoa

Sift sugar. Blend the cocoa into a thick paste with boiling water, mix in the icing sugar well. Soften the butter and work into the icing. When fairly firm use for a covering icing or for piping and decorating cakes.

ALMOND PASTE

8 oz. Almond Meal
8 oz. Icing Sugar
8 oz. Castor Sugar

3 Egg Yolks
1 tablespoon Sherry
Few drops Almond Essence

Sift icing sugar, mix with almond meal and castor sugar. Beat the egg yolks with the sherry and almond essence. Add to dry ingredients, making it to a stiff paste. Turn out on to board dusted with icing sugar, then knead slightly. Roll out. If cake has risen unevenly, trim into even shape with sharp knife, and brush any loose crumbs off. Then brush over with egg white, and cover with almond paste. Press firmly, and make into neat shape with hands and rolling pin. **Allow to stand overnight before icing.**

FONDANT ICING

1 lb. Sugar
½ pint Water

1 dessertspoon Glucose

Place sugar, water and glucose in a saucepan. Dissolve the sugar, then **boil to 220 degrees F. (about 5 minutes)**, skim when cool and store in an airtight bottle. When fondant icing is required blend sifted icing sugar with this sugar syrup, making a covering consistency. Flavour with essence and color as desired.

SOFT ICING

4 oz. Icing Sugar

1 tablespoon Liquid (Water, Fruit Juice, Coffee or Rose Water)

Sift icing sugar into a basin and add liquid gradually to make it the consistency of thick treacle. To color use icing color as desired.

PEANUT ICING

4 oz. Icing Sugar
2 teaspoons Peanut Butter

1 tablespoon Water

Sift sugar and beat with peanut butter to a smooth icing with water. Spread on the cakes.

SNOW ICING (Boiled)

1 lb. granulated Sugar
1 teaspoon Vinegar

$\frac{1}{2}$ cup Water
2 Egg Whites

Place sugar, vinegar and water in a saucepan and stir over heat until sugar is dissolved. Brush the sides of the saucepan with water occasionally to remove any crystals, and do not allow to come to the boil until all the sugar has dissolved. Then boil gently to 238 degrees F. or until the syrup will form a soft ball when a little is dropped into cold water. In the meantime, beat the egg whites very stiffly. When syrup is ready, pour it slowly over the egg whites, beating constantly. Continue beating until the icing is very thick, and will stand up in peaks, then quickly pour over the cake. Fluff up with knife to give the appearance of snow, or it can be left smooth if liked. Decorate with sprigs of holly.

SNOW ICING (Uncooked)

2 Egg Whites
12 to 16 oz. Icing Sugar

Squeeze Lemon Juice
1 teaspoon Glycerine

Sift sugar and gradually beat it into the egg whites. Lastly beat in the lemon juice and glycerine. See that the icing is the consistency to stand in peaks. Spread over cake and fluff up with a knife to give the appearance of snow. This icing may be used for a smooth covering on birthday or wedding cakes.

ROYAL ICING

1 quantity Snow Icing (uncooked) (see above)

Prepare Snow Icing omitting the glycerine. Use this icing for decorating cakes with icing tubes.

ORANGE FROSTING

2 oz. Sugar
2 tablespoons Water
2 tablespoons Orange Juice

1 dessertspoon Lemon Juice
1 small Egg White
8 oz. Icing Sugar

Put the 2 oz. sugar and water into a small saucepan, stir over heat until the sugar is dissolved, then boil until the syrup forms a thread. Stir gradually into the beaten egg white. Add the fruit juices and sifted icing sugar, mixing lightly. Pour over the cake while still warm.

PINK FROSTING

2 oz. Sugar
2 tablespoons Water
Cochineal
1 Egg White

6 oz. sifted Icing Sugar
1 tablespoon Water
Few drops Vanilla or Raspberry
Essence

Dissolve 2 ozs. sugar with 2 tablespoons water, boil until syrup forms a soft ball when tested in water (238°F.). Beat egg white stiffly then pour syrup gradually over, beating all the time. Beat in icing sugar and 1 tablespoon water. Flavour with essence and color pink. Spread on cake and fluff up with a knife.

MOCK CREAM FILLING

2 oz. Butter

2 oz. Castor or Icing Sugar

2 tablespoons Milk

1 tablespoon warm Water

Soften butter (but do not melt) and add sugar. Beat until creamy, using egg whisk. Then gradually add the milk and last of all the warm (not hot) water, beating all the time. Flavour to taste. If this mixture should curdle, place in a warm oven for a few minutes, then beat briskly.

DATE FILLING

1 cup cut Dates

Grated rind $\frac{1}{2}$ Lemon

1 oz. Chopped Walnuts or

Almonds

3 tablespoons Water

Place dates, water, grated rind and juice of lemon in a saucepan and heat slowly until dates soften. Beat with a fork into a paste, add the walnuts or almonds.

CREAM CHEESE FILLING

2 oz. Butter

2 oz. grated Cheese

1 Egg

Salt and Cayenne Pepper

1 tablespoon Milk

Beat egg, add butter, cheese, milk, salt and cayenne. Stir together over water until ingredients are blended. Do not allow mixture to boil.

LEMON FILLING (1)

Grated rind and juice of 1 Lemon
2 tablespoons Sugar

1 dessertspoon Butter
1 Egg (well beaten)

Put all ingredients into the top of a double boiler, and stir over boiling water until mixture thickens. (Do not allow to boil.) Cool before using.

LEMON FILLING (2)

6 tablespoons Condensed Milk
1 dessertspoon Golden Syrup or
Honey

Juice of $1\frac{1}{4}$ Lemons
1/2 cup chopped Preserved Ginger

Add the lemon juice slowly to the condensed milk, stirring it well in. Mix in the golden syrup and ginger.

BUTTER CREAM

3 oz. Icing Sugar
2 oz. Butter

Sherry or Vanilla flavouring

Sift sugar. Soften butter slightly and beat to a cream, using wooden spoon. Add sugar by degrees, then flavouring, working in well. Use as filling or for piping on cake.

COFFEE BUTTER CREAM

6 oz. Icing Sugar
2 oz. Butter

1 dessertspoon Water
1 dessertspoon Coffee Essence

Sift sugar. Soften butter slightly and beat to a cream, using a wooden spoon. Add sugar by degrees, also coffee essence and water, working in well.

ato Desert

1 white sponge
Cut 'one $\frac{1}{2}$ into 3 layers

Crumble other $\frac{1}{2}$ ^{2 cup fruit juice}
Add to crumbs $\frac{3}{4}$ cup walnuts, 2 teaspoons, coffee
17 eggs ^{vanilla} melted butter, ^{1/2 cup} between layers.
Cover with cream beaten with cocoa. Put
walnuts on cream.

Try this
"Special"
next time
you're
entertaining

RECIPE



Carnation Almond Chicken Curry

INGREDIENTS: Two—2½ lb. roasting chickens, 4 ozs. shortening, 2 cups sliced onion rings, 2 medium cloves garlic crushed in 1 teaspoon salt, 1 tablespoon plain flour, 2-3½ teaspoons curry powder, 2 cups chicken stock, 3½ cans (14½ oz. each) Carnation Evaporated Milk, 1 egg, 2 tablespoons chutney, ½ cup halved toasted almonds.

METHOD: Discard the chickens into serving portions, place with an onion, peppercorns, half bay leaves and just enough water to cover in a dish, cover to fit, heat slowly and simmer till just tender. Remove chickens, pour off stock to taste, remove bones from chicken bones if desired. Melt shortening, sauté onion rings, chicken pieces, remove to an ovenproof casserole and keep hot. Sauté onions and garlic in the same shortening, add curry powder and cook for 2 to 3 minutes longer. Stir in flour, add the chicken stock gradually. Stir till sauce thickens, simmer covered for 10 minutes. Heat Carnation Evaporated Milk and the egg together, stir into the pan, cook without allowing to boil. Add the chutney, season to taste. Pour over chicken, garnish with almonds and serve with fresh boiled rice. Serves 8-10.

CHOCOLATE CHIP CHEESECAKE

One cup plain sweet biscuit crumbs, two oz. butter or margarine, two (each eight oz.) packages cream cheese, three quarter cup sugar, half cup sour cream, one teaspoon vanilla essence, one teaspoon grated lemon rind, four eggs, one packet chocolate mix, whipped cream.

Preparation Time: 25 minutes.

Cooking Time: 40-50 minutes.

Oven Temperature: 325 degrees.

Mix together the biscuit crumbs and butter which has been melted. Press into the base and up the sides of a greased nine inch spring form pan. Chill while preparing the FILLING.

Beat the cream cheese until smooth and creamy. Then gradually add the sugar, beating until smooth. Mix in the sour cream, vanilla and lemon rind, then eggs one at a time, beating well after each. Fold in half the chocolate pieces.

Spoon filling into pan and bake at 325 degrees for 40-50 minutes, until almost firm in the centre. Cool and chill lightly. Spread with whipped cream and decorate with the remaining chocolate pieces.

SAUCES

CUSTARD SAUCE

1/2 pint Milk
2 Eggs
Pinch of Salt

1 dessertspoon Sugar
1/4 teaspoon Essence, Vanilla or
Lemon

Heat milk. Beat eggs and sugar slightly. Pour hot milk into eggs and sugar, stir well, return to saucepan with salt. Cook in a water jacket, stirring frequently until custard coats the spoon. Strain at once into a cold basin and add essence. Stir now and then whilst cooling to prevent a skin from forming on top.

SWEET WHITE SAUCE

1 tablespoon McALPIN'S S.R. Flour
1 tablespoon Sugar
1 teaspoon Butter

3/4 pint Milk
Strip of Lemon rind or 1/2 teaspoon
Lemon or Vanilla Essence

Blend flour and sugar with a little cold milk. Heat the remaining milk with the lemon rind and butter. Pour it over the blended flour. Return to the saucepan and stir until boiling. **Cook for 2 minutes, stirring continuously.** Remove the lemon rind and serve with boiled or steamed puddings.

FRUIT SAUCE

1 tablespoon McALPIN'S S.R. Flour
1/2 pint Water and Fruit Juice

1 to 2 tablespoons Sugar,
according to the fruit used

Blend the flour with a little of the water in a saucepan. Add the remaining ingredients and bring to the boil, stirring continuously. **Cook for 2 or 3 minutes.** If lemon or orange juice is used cook a little of the colored peel in the sauce to add to the flavour.

HARD SAUCE

2 tablespoons Butter
3 tablespoons Castor or Light
Brown Sugar

1/2 teaspoon Vanilla Essence
1/2 teaspoon Brandy
Nutmeg

Cream butter and sugar very well. Add the flavouring and chill. Dust with nutmeg. The beaten white of an egg may be added before chilling. Fruit juices such as pineapple, orange, etc., may be used for flavouring instead of vanilla essence and brandy.

CHOCOLATE SAUCE

1 tablespoon McALPIN'S Enriched
Plain Flour
2 oz. Sugar
1/2 teaspoon Vanilla Essence

1/4 pint Water
1 tablespoon Butter
1 oz. Dark Chocolate

Melt butter, blend in flour off the heat, return and cook 1 minute. Add water, stir to boil, add sugar and grated chocolate, blend well. Lastly, stir in vanilla essence.

JAM SAUCE

1/2 pint Water
3 tablespoons Jam
1 tablespoon Arrowroot

1 dessertspoon Sugar
Coloring

Heat water and jam in a saucepan. Blend arrowroot and sugar with a little cold water and stir into the liquid. Stir until boiling and **cook 2 to 3 minutes, stirring continuously.** Strain and color if necessary. Serve with steamed puddings.



that has its own sauce
cooked in the dish with
the roll?

This is one version of
this type of dessert. The
brown sugar gives the
syrup a caramel flavor.

C A R A M E L A P P L E R O L L

Four oz. short crust
pastry, half level tea-
spoon cinnamon, half
teaspoon grated lemon
rind, two or three table-
spoons of white sugar
according to the tartness
of the apples, two table-
spoons sultanas, three
and a half cups freshly
grated apple, one round-
ed dessertspoon butter,
half cup brown sugar,
three-quarters cup hot
water, one dessertspoon
lemon juice.

Roll the shortcrust in-
to an oblong shape. Mix
the cinnamon, grated
lemon rind, sugar, sulta-
nas and apple. Spread
to within half an inch of
the edges of the pastry.
Moisten the edges and
roll up like a jelly roll,
starting at the longest
end.

Place in a greased dish.
In a saucepan combine
the butter with the
brown sugar, water and
lemon juice. Stir over a
medium heat until the
sugar has melted. Pour
over the roll.

Bake in a moderate
oven for about half an
hour. Serve sliced with
custard, ice-cream or
whipped cream.

Lemon & coconut Pudding

3 eggs

3/4 cup sugar (+ extra 1/4 cup)

1 cup milk sugar

1 Tab. spoon S.R. flour

Grated rind + juice 2 lemons
pinch salt

1/2 cup coconut.

Separate eggs. Beat yolks with
3/4 cup sugar until light +
fluffy. Beat in milk, sifted
flour, rind + juice of lemons
+ salt. Stir in coconut.

Beat egg whites until stiff
~~fold into mixture~~
with extra 1/4 cup sugar
fold into mixture. Stand in
pan of water. Bake in
mod. oven for 1 hr.



McAlpin's
TEST KITCHEN
RECIPES

A GUIDE TO BETTER BAKING

